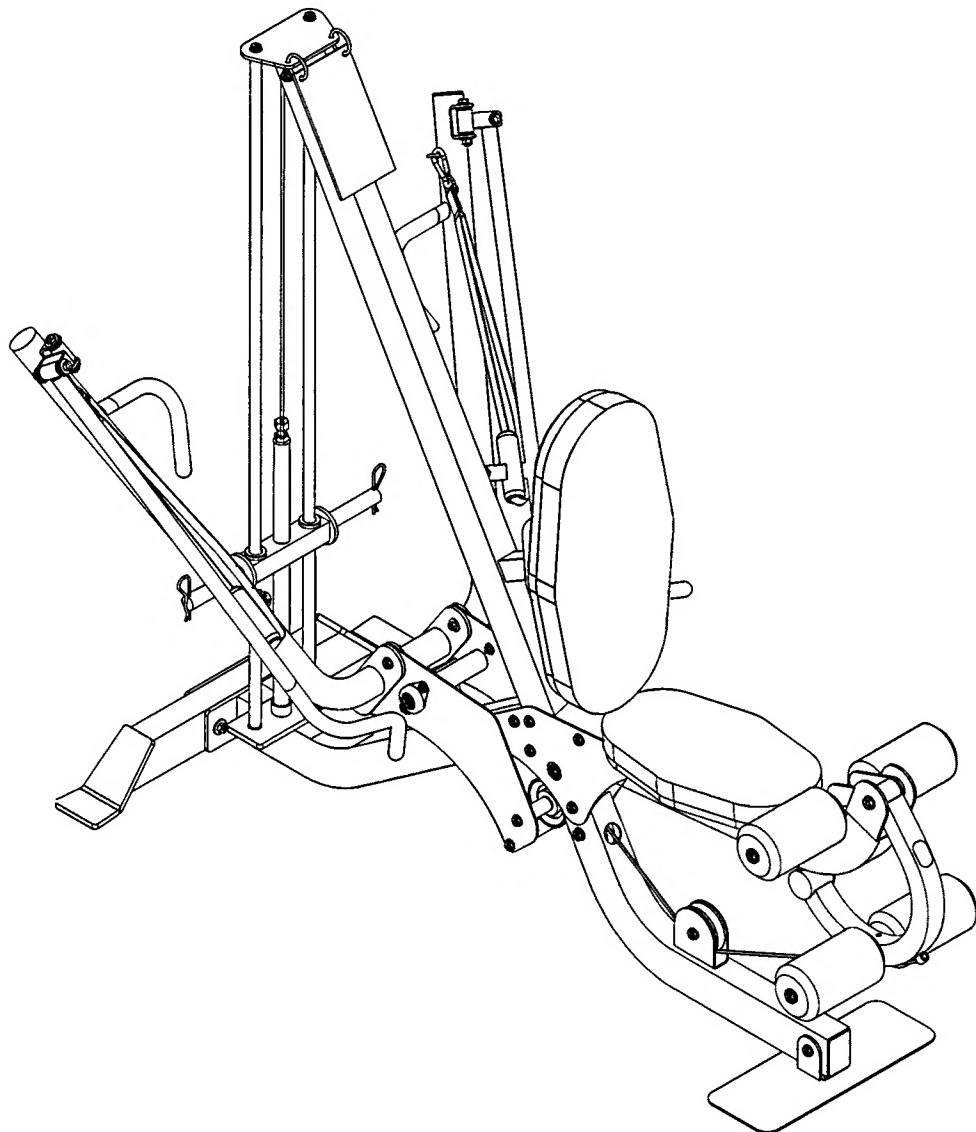


OWNERS MANUAL



CLASSIC I



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

JUNE, 2004

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ASSEMBLY

INSTRUCTIONS

Step 1

INSTRUCTIONS

Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

If you experience problems. First recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling.

THIS PRODUCT IS RATED FOR HOME USE ONLY!!

Using this product in a commercial setting will void all warranties and can result in serious injury or death!!

TOOLS REQUIRED

**Socket Wrench
(7/16", 1/2", 9/16", 3/4" Sockets)**

**Standard Allen Wrench Set
(3/32" - 5/16")**

Crescent Wrench

Rubber Mallet

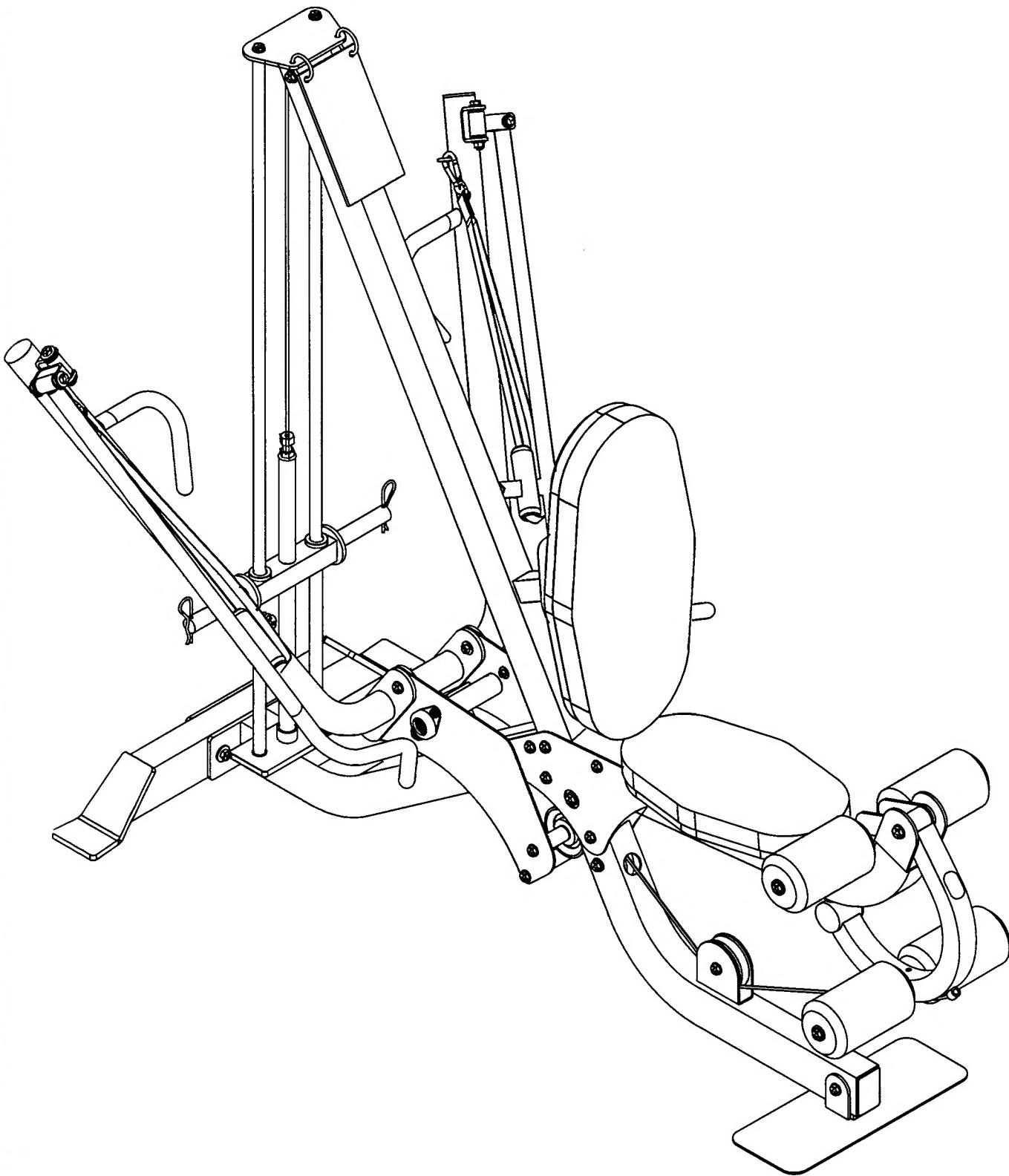
Tape Measure

ASSEMBLY
INSTRUCTIONS



ASSEMBLY
INSTRUCTIONS

Step 2
FRAME ASSEMBLY



ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

Attach both (9)'s to (6), (3) and (4). **Wrench Tighten** these bolts now but they may need to be loosened when installing the Guide Rods in Step 2g or Step 2h and then re-tightened again. Attach (31) to (4). Attach (32) to (3). **Wrench Tighten** bolts.

Part Descriptions

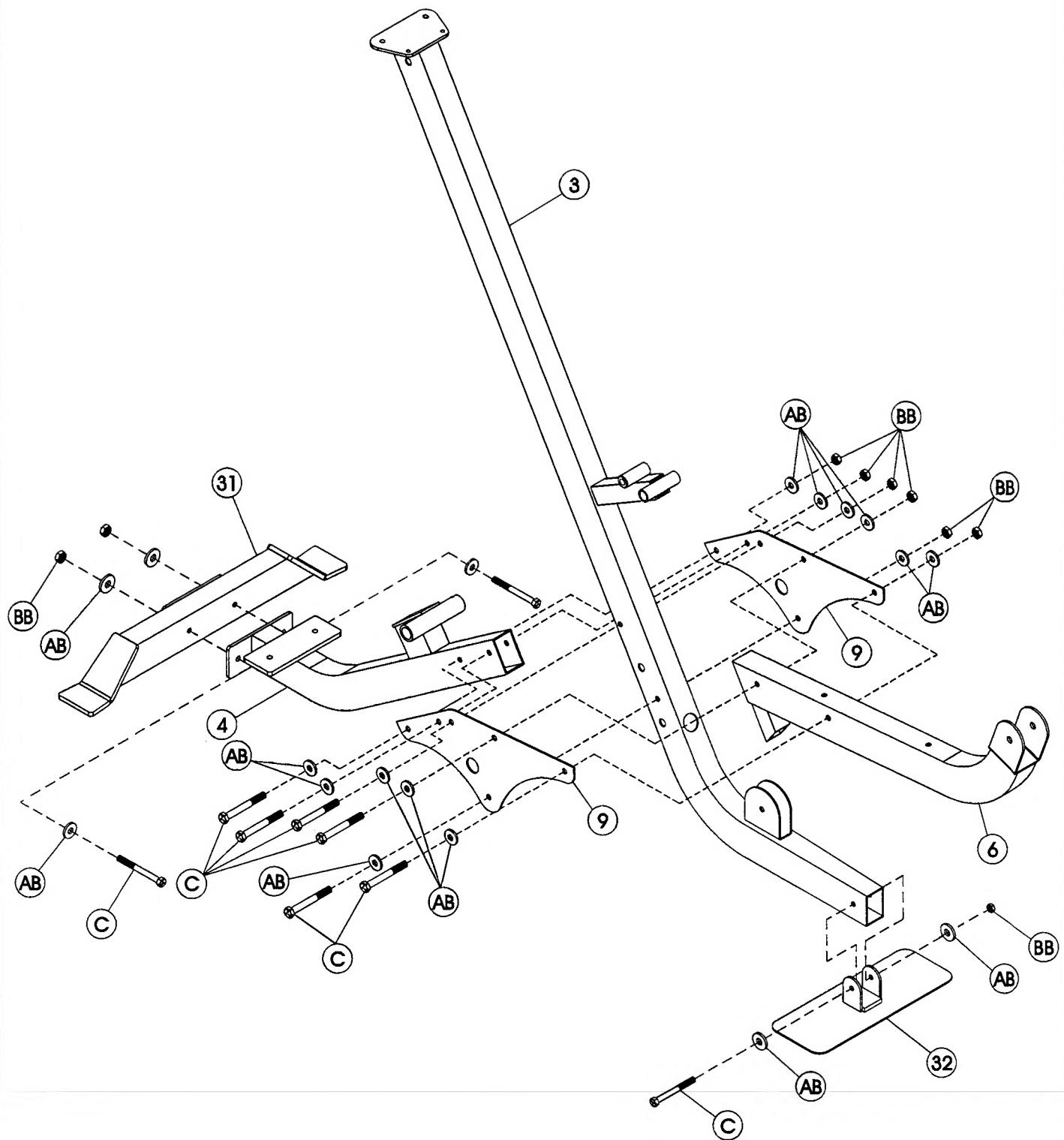
- 3 - Main Upright Assembly
- 4 - Weight Stack Bottom Tube
- 6 - Seat Mount/Pivot Assembly
- 9 - Frame Connector
- 31 - Rear Tie Tube Assembly
- 32 - Foot Plate Assembly

Hardware Descriptions

- C - 3/8"-16 x 3" Hex Head Screw
- AB - 3/8" Flat Washer
- BB - 3/8" Lock Nut

ASSEMBLY

INSTRUCTIONS



Step 2b

FRAME ASSEMBLY

Now attach (2) and (5) to (6). Wrench Tighten bolts until snug then back off $\frac{1}{2}$ turn or enough to make sure (2) and (5) pivot freely. Insert (23) into (5) and center so that there are equal amounts extending out each side. Lock in place with Set Screws (K). Wrench Tighten.

Part Descriptions

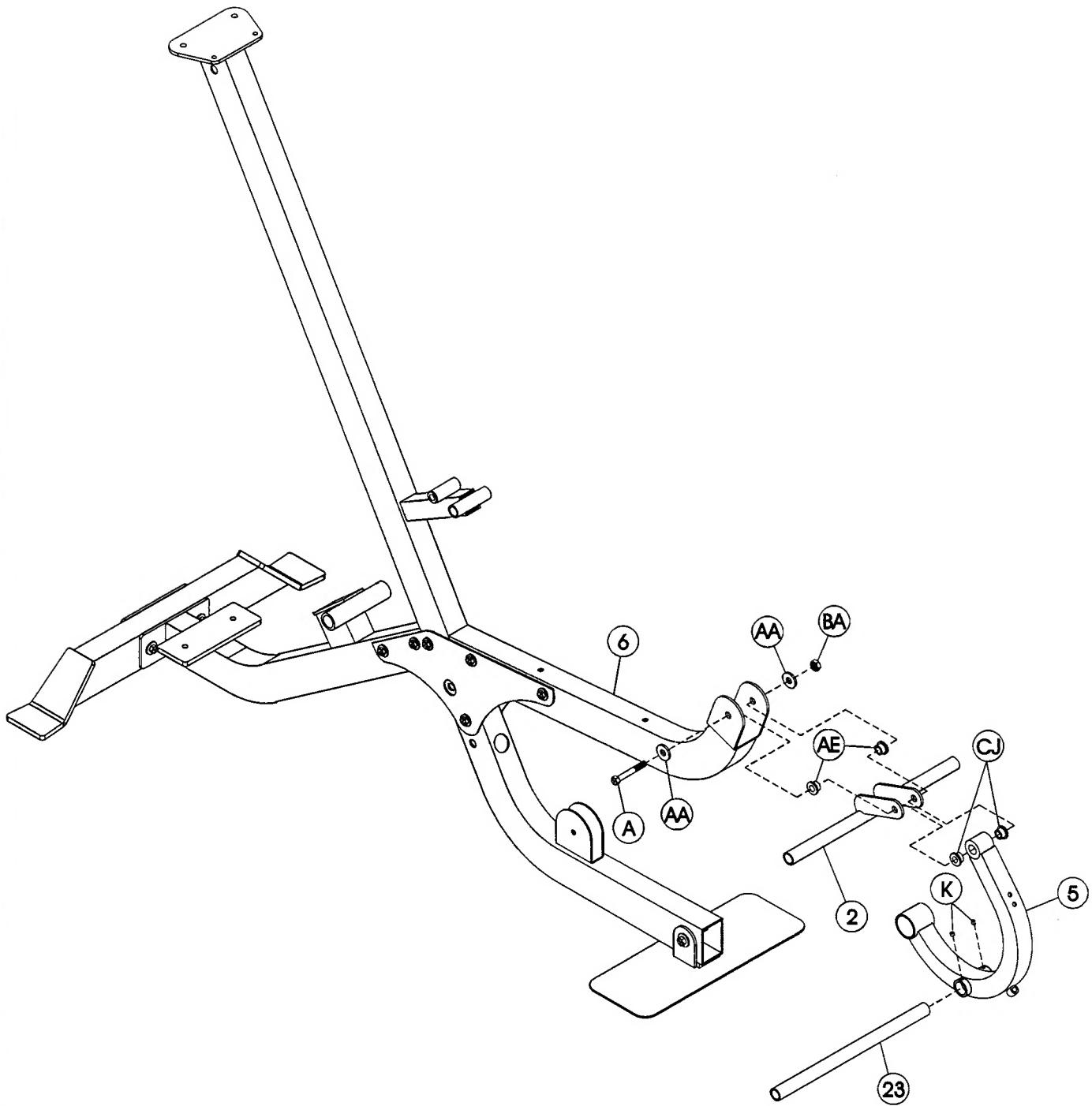
2 - Swiveling Roller Assembly
5 - Leg Extension/Curl Arm
6 - Seat Mount/Pivot Assembly
23 - Roller Axle

Hardware Descriptions

A - 1/2"-13 x 3 5/8" Hex Head Screw
K - 5/16"-18 x 1/4" Set Screw
AA - 1/2" Flat Washer
AE - 1/4"Long, 1/2" I.D. Flanged Spacer
BA - 1/2" Lock Nut
CJ - 1/2" Oilite

ASSEMBLY

INSTRUCTIONS



Step 2c

FRAME ASSEMBLY

Insert (14) into its mount on (4) and center so that there are equal amounts extending out on each side. Lock in place with Set Screws (K) Wrench Tighten. Assemble a (CK) to (10) & (33). Attach (10) & (33) to each side of (14), Hand Tighten only. (Bolts will be wrench tightened later.)

Part Descriptions

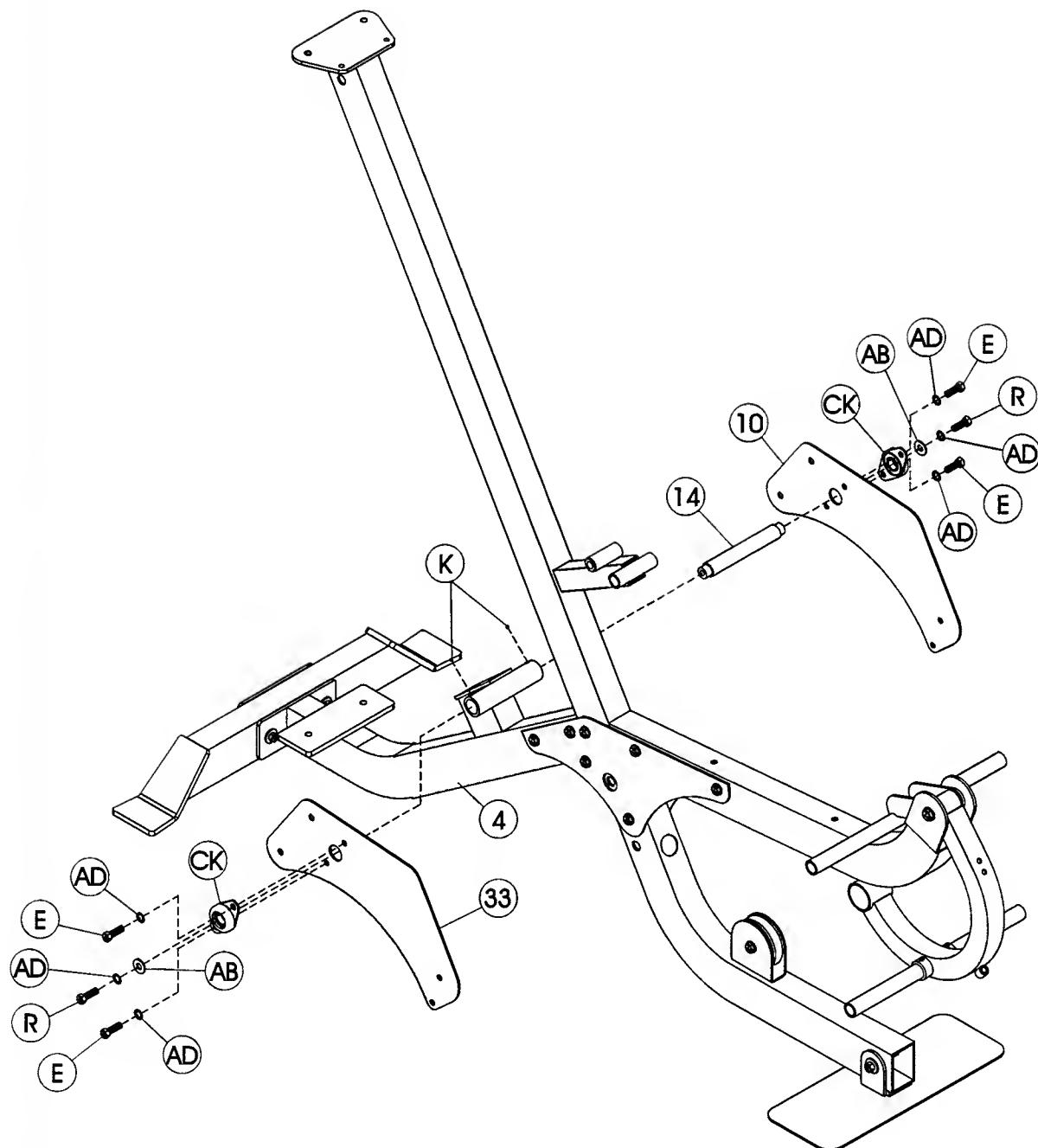
4 - Weight Stack Bottom Tube
10 - Arm to Pulley Connector Plate, Left
14 - Axle
33 - Arm to Pulley Connector Plate, Right

Hardware Descriptions

E - 3/8"-16 x 1/2" Hex Head Screw
K - 5/16"-18 x 1/4" Set Screw
R - 3/8"-16 x 3/4" Hex Head Screw
AB - 3/8" Flat Washer
AD - 3/8" Lock Washer
CK - Flange Bearing

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

Start by positioning (13) in between (10) and (33). Next attach (7) to (33) and (13) and (8) to (10) and (13). Next fasten (CE) to each arm. Wrench Tighten these bolts and the bolts hand tightened on page 9. Attach (22), to each Arm Assembly and Wrench Tighten nut until snug than back off $\frac{1}{2}$ turn or enough so that each (22) rotates freely.

Part Descriptions

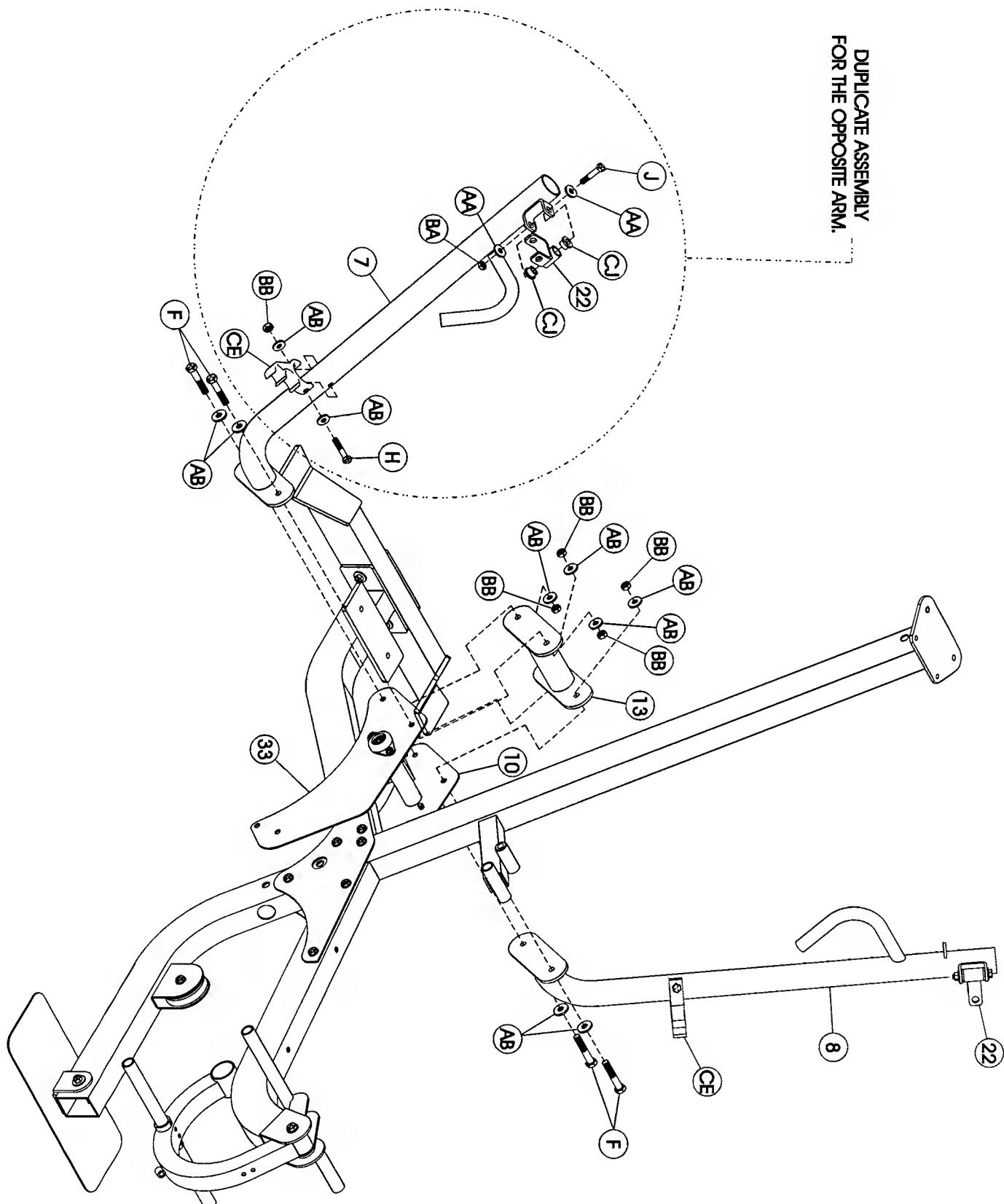
7 - Arm Assembly (RIGHT)
8 - Arm Assembly (LEFT)
10 - Arm to Pulley Connector Plate
13 - Arm to Arm Tie
22 - U-Joint
33 - Arm to Pulley Connector Plate

Hardware Descriptions

F - 3/8"-16 x 1 1/4" Hex Head Screw
H - 3/8"-16 x 3 1/4" Hex Head Screw
J - 1/2"-13 x 3.00" Hex Head Screw
AA - 1/2" Flat Washer
AB - 3/8" Flat Washer
BA - 1/2" Lock Nut
BB - 3/8" Lock Nut
CE - Handle Clip
CJ - 1/2" Oilite

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2e

FRAME ASSEMBLY

Now attach (15) into (22). Repeat this assembly for (16) on the opposite Arm Assembly. Attach (1) to (3). Wrench tighten bolts until snug then back off nut $\frac{1}{2}$ turn or enough so that (15), (16) and (1) rotate freely.

Part Descriptions

1 - Back Pad R.O.M
15 - Pressing Handle Assembly (RIGHT)
16 - Pressing Handle Assembly (LEFT)
22 - U-Joint
24 - 1/2" Long Pullpin

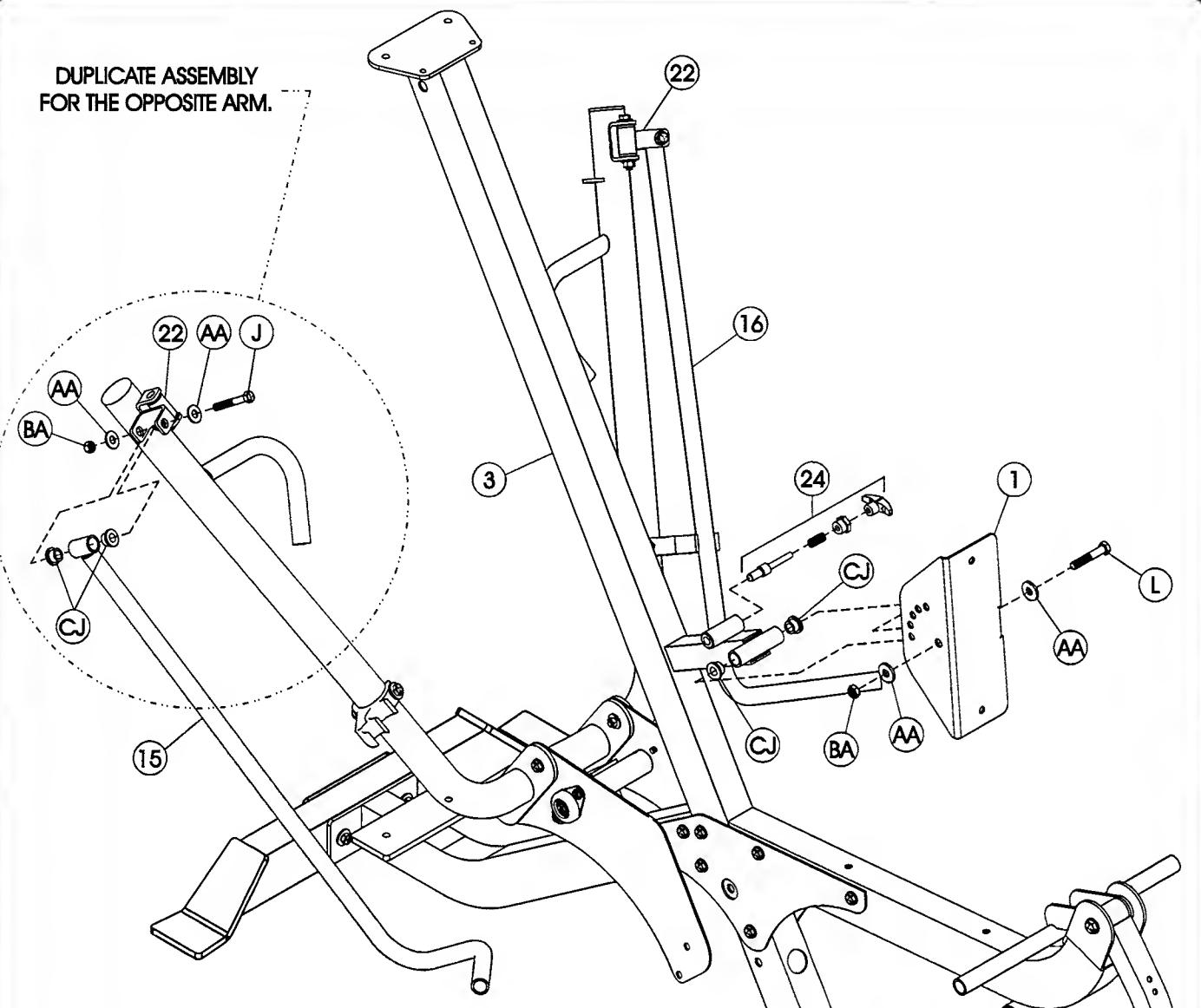
Hardware Descriptions

J - 1/2"-13 x 3.00" Hex Head Screw
L - 1/2"-13 x 4 3/4" Hex Head Screw
AA - 1/2" Flat Washer
BA - 1/2" Lock Nut
CJ - 1/2" Oilite

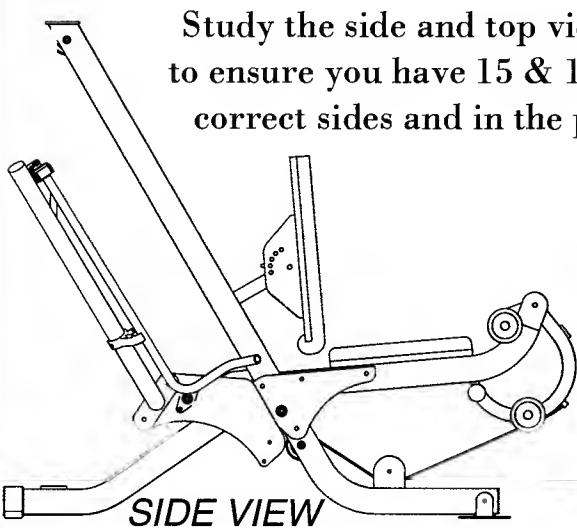
ASSEMBLY

INSTRUCTIONS

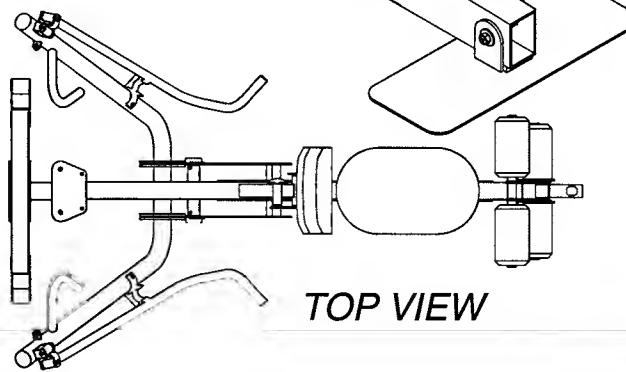
DUPLICATE ASSEMBLY
FOR THE OPPOSITE ARM.



Study the side and top views shown below
to ensure you have 15 & 16 installed on the
correct sides and in the proper rotation.



SIDE VIEW



TOP VIEW

Step 2f

FRAME ASSEMBLY

Attach (25) to (1) and (26) to (6). Now slide (27)'s onto (2) and (23).
Wrench Tighten bolts.

Part Descriptions

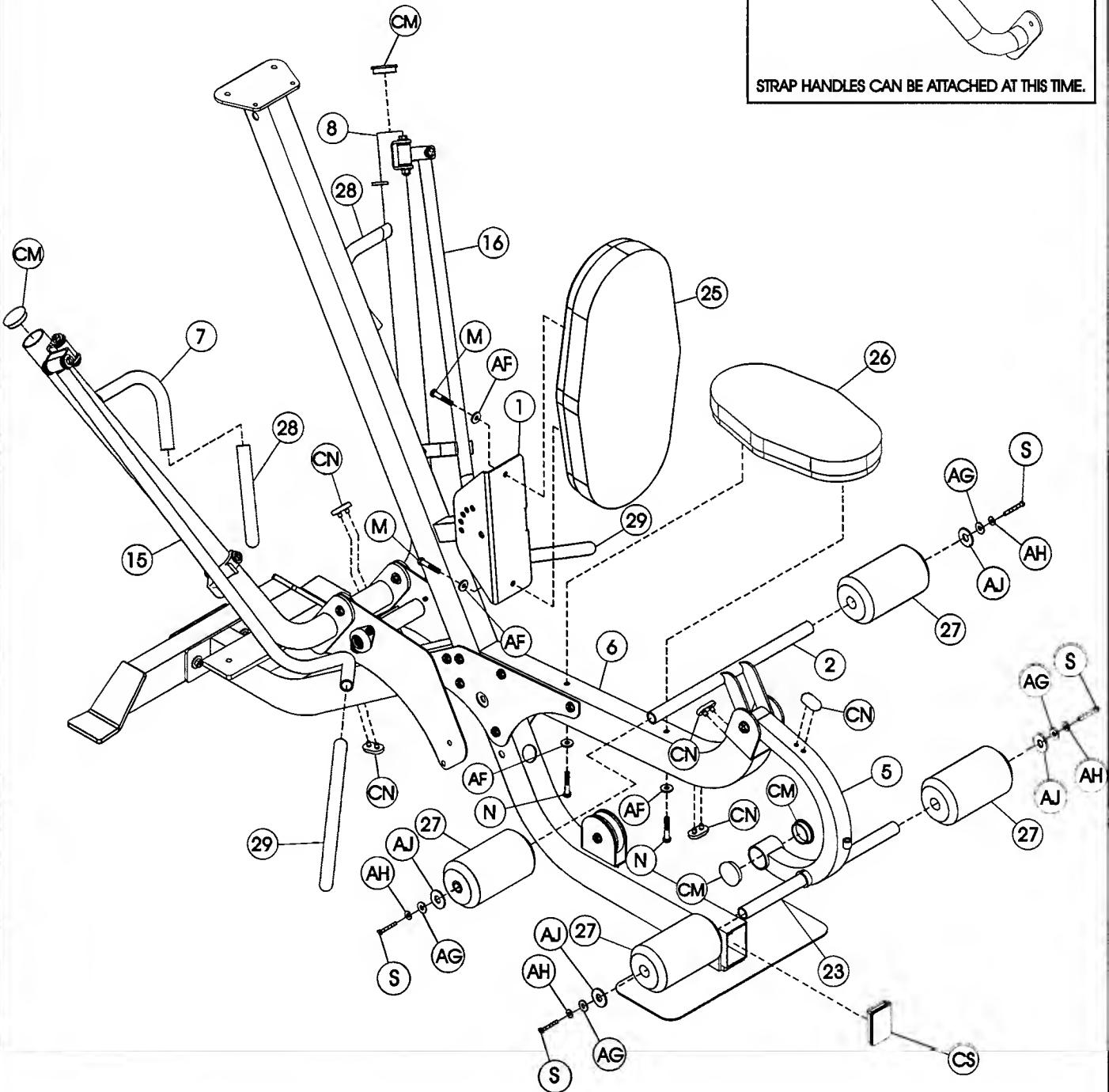
- 1 - Back Pad R.O.M.
- 2 - Swiveling Roller Assembly
- 3 - Main Upright Assembly
- 5 - Leg Ext./Curl Arm
- 6 - Seat Mount/Pivot Assembly
- 7 - Arm Assembly (RIGHT)
- 8 - Arm Assembly (LEFT)
- 15 - Pressing Handle Assembly (RIGHT)
- 16 - Pressing Handle Assembly (LEFT)
- 23 - Roller Axle
- 25 - Upholstery Assembly (LONG)
- 26 - Upholstery Assembly (SHORT)
- 27 - 4" Dia. X 7" LG. Roller
- 28 - 10" Rubber Grip
- 29 - 13" Rubber Grip

Hardware Descriptions

- N - 5/16"-18 x 4" Hex Head Screw
- M - 5/16"-18 x 1 1/4" Hex Head Screw
- S - 3/8"-16 x 1" Button Head Cap Screw (BZ)
- AF - 5/16" Flat Washer
- AG - 3/8" Fender Washer (BZ)
- AH - 3/8" Split Lock Washer (BZ)
- AJ - 3/8" Plastic Fender Washer
- CB - Strap Handle
- CM - 2" Dia. End cap
- CN - Plug Bumper
- CR - Snap Link
- CS - 2 x 3 End Cap
- CT - Roller Cap
- CS - 2.00" x 3.00" End Cap (Black)

ASSEMBLY

INSTRUCTIONS



Step 2g

Slide each (19) through (CA) and Hand Tighten the bottom of each in place to (4). Leave enough play for the Guide Rods to lean back far enough to allow room to slide (34) onto them. Attach each (19) to the top of (3). Some of the bolts previously Wrench Tightened in Step 2a may need to be loosened to properly align Guide Rods (19) to be mounted level and perpendicular. These bolts then need to be re-tightened. Follow Cabling Instructions on pages 21 and 22 then finish by securing the cable bolt to (34). Thread the cable bolt into (34) far enough to provide proper cable tension. NOTE: The cable bolt must be threaded into (34) a minimum of 1/2".

Part Descriptions

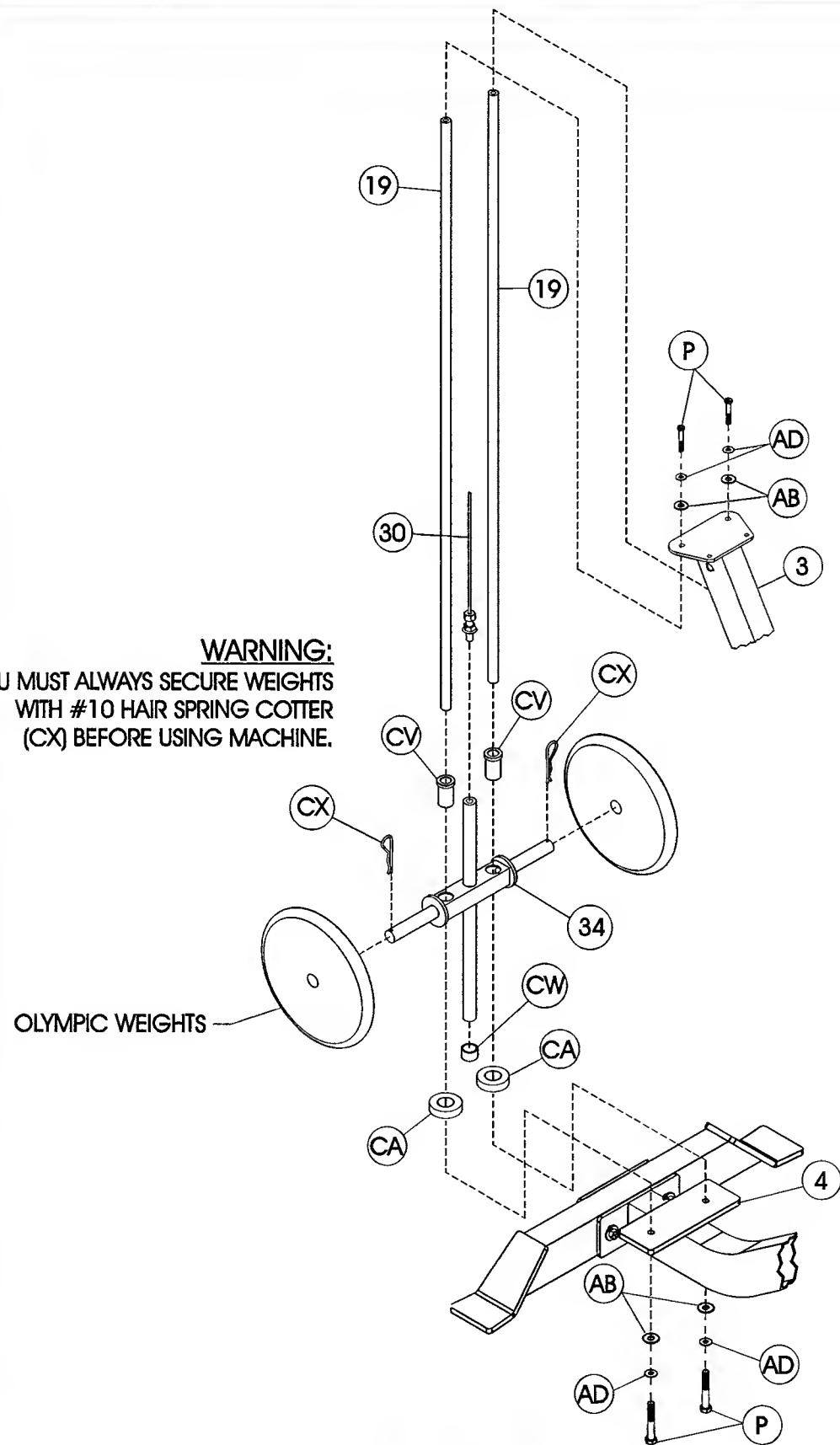
3 - Main Upright Assembly
4 - Weight Stack Bottom Tube
19 - Guide Rod
30 - CLASSIC I Cable
34 - Olympic Weight Carriage

Hardware Descriptions

P - 3/8"-16 x 1" Hex Head Screw
AB - 3/8" Flat Washer
CA - 2" O.D. x .5" THK Rubber Bumper
CV - Guide Rod Bushing
CW - 1" Dia. External End Cap
CX - #10 Hairspring Cotter

ASSEMBLY

INSTRUCTIONS



Step 2h

WEIGHT STACK OPTION

Slide (19) through (CA) and hand tighten the bottom of each in place to (4). Leave enough play for the guide rods to lean back enough to allow room to slide the weights on. Slide all 14 (W2)'s onto (19). Now slide (W1) onto (19). Attach (19) to the top of (3). Some of the bolts previously Wrench Tightened in Step 2a may need to be loosened to properly align Guide Rods (19) to be mounted level and perpendicular. These bolts then need to be re-tightened. Follow Cabling Instructions on pages 21 and 22 then finish by securing the cable bolt to (W4). Thread the cable bolt far enough into (W4) to provide proper cable tension. NOTE: The cable bolt must be threaded into (W4) a minimum of 1/2".

Part Descriptions

3 - Main Upright Assembly
4 - Weight Stack Bottom Tube
19 - Guide Rod
30 - CLASSIC I Cable
W1 - Cast Radial Top Weight
W2 - #10 Radial Design Cast Weight Plate

Hardware Descriptions

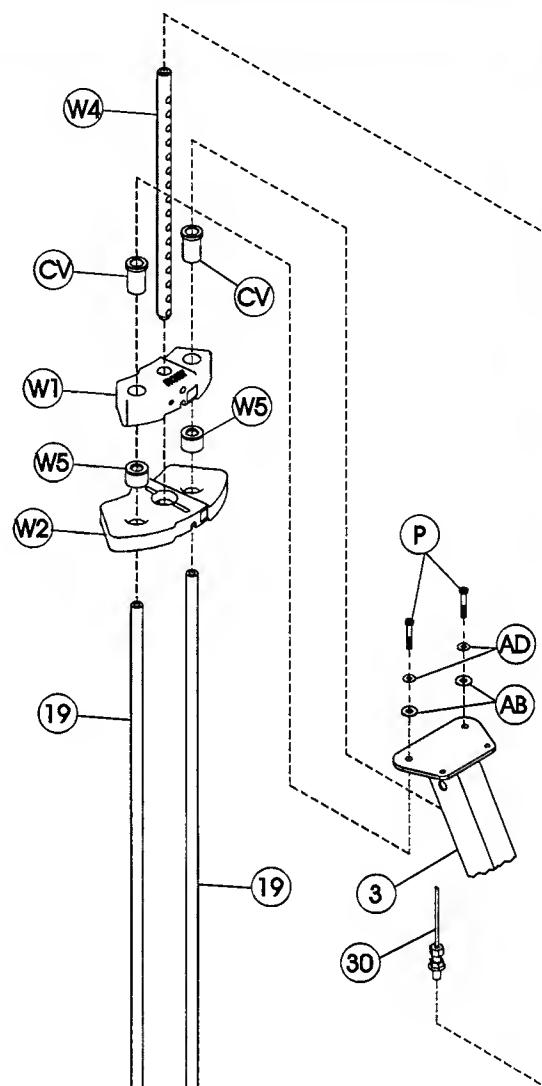
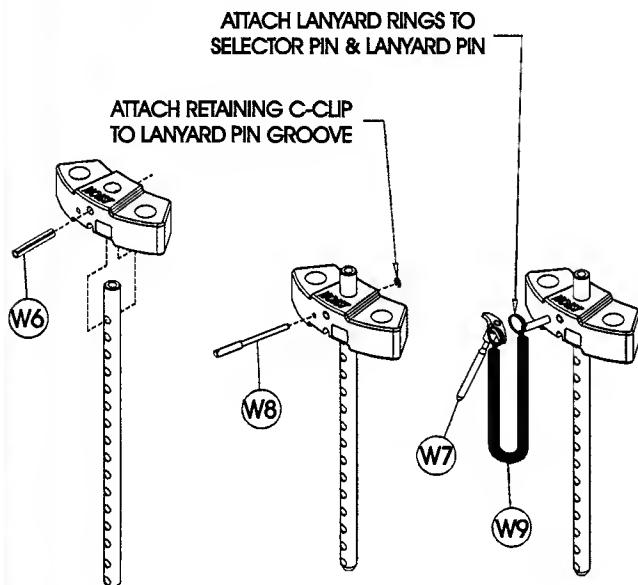
P - 3/8"-16 x 1" Hex Head Screw
AB - 3/8" Flat Washer
AD - 3/8" Lock Washer
CA - 2" O.D. X .5" THK Rubber Bumper
CV - Guide Rod Bushing
W4 - 16 Hole Stem, Radial Cast Stack
W5 - Cast Weight Bushing
W6 - 7/16 Dia. Roll Pin x 3" LG.
W7 - Selector Pin
W8 - Lanyard Pin
W9 - Lanyard Coil

ASSEMBLY

INSTRUCTIONS

Weight Stack Option

NOTE: YOUR HOIST CLASSIC I IS ALSO AVAILABLE WITH OUR PATENTED RADIAL LOC® WEIGHT SYSTEM. THIS FEATURE PROVIDES A MORE CONVENIENT INCREMENTAL WEIGHT ADJUSTMENT AND ALLOWS YOU TO MOVE THROUGH YOUR EXERCISE PROGRAM AT A QUICKER PACE. FOR MORE INFORMATION ON THIS OPTIONAL FEATURE, CONTACT YOUR AUTHORIZED HOIST DEALER.

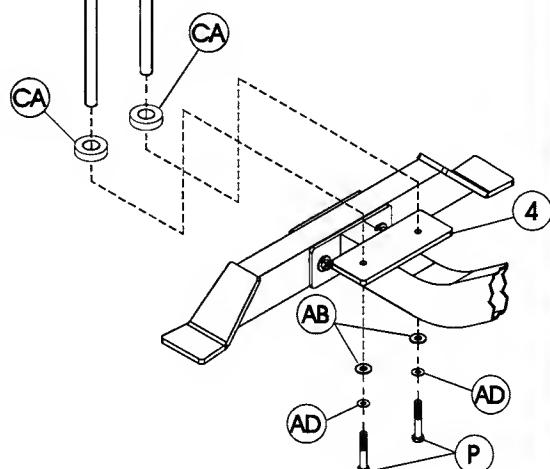


Part Descriptions

Key#	Qty.	Part Number	Description
W1	1	26-STD-SWTOP9	Cast Radial Top Weight
W2	14	026-01W0142	#10 Radial Design Cast Weight Plate

Hardware Descriptions

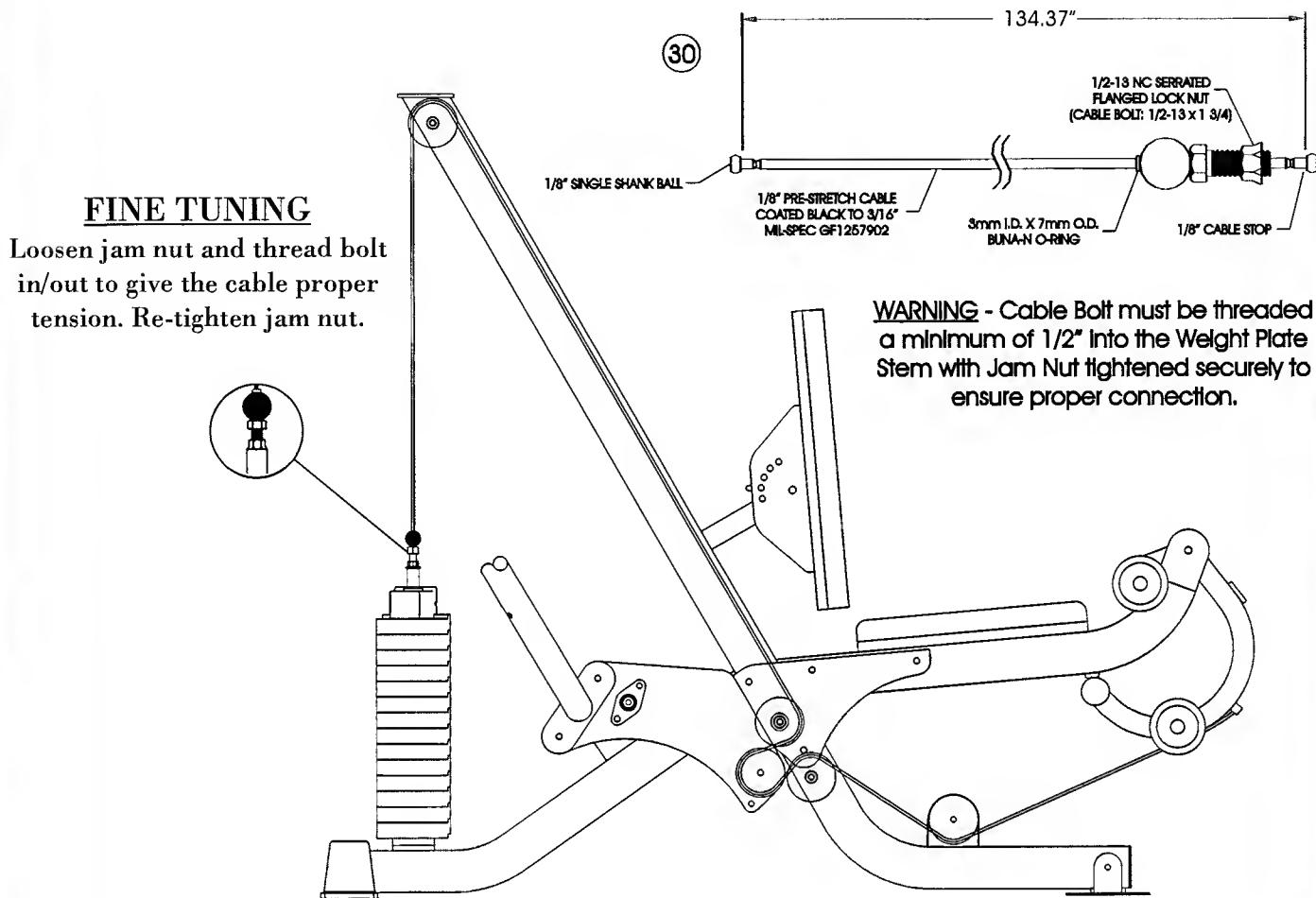
Key#	Qty.	Part Number	Description
CV	2	026-01PL134	Guide Rod Bushing
W4	1	026-01W0141	16 Hole Stem, Radial Cast Stack
W5	28	026-01PL269	Cast Weight Bushing for 3/4" Rods
W6	1	030-0303006	7/16 Dia. Roll Pin x 3" LG.
W7	1	026-01W0138	Selector Pin
W8	1	010-0008002	Lanyard Pin
W9	1		Lanyard Coil



Step 3

CABLE ASSEMBLY

Install cable as shown in diagram. Make sure when routing cable around Pulleys that the cable is resting in the Pulley groove. Wrench Tighten bolts.



Part Descriptions

- 10 - Arm to Pulley Connector Plate
- 11 - Spacer/Stop
- 12 - Spacer for Pulley
- 30 - Classic I Cable
- 33 - Arm to Pulley Connector Plate

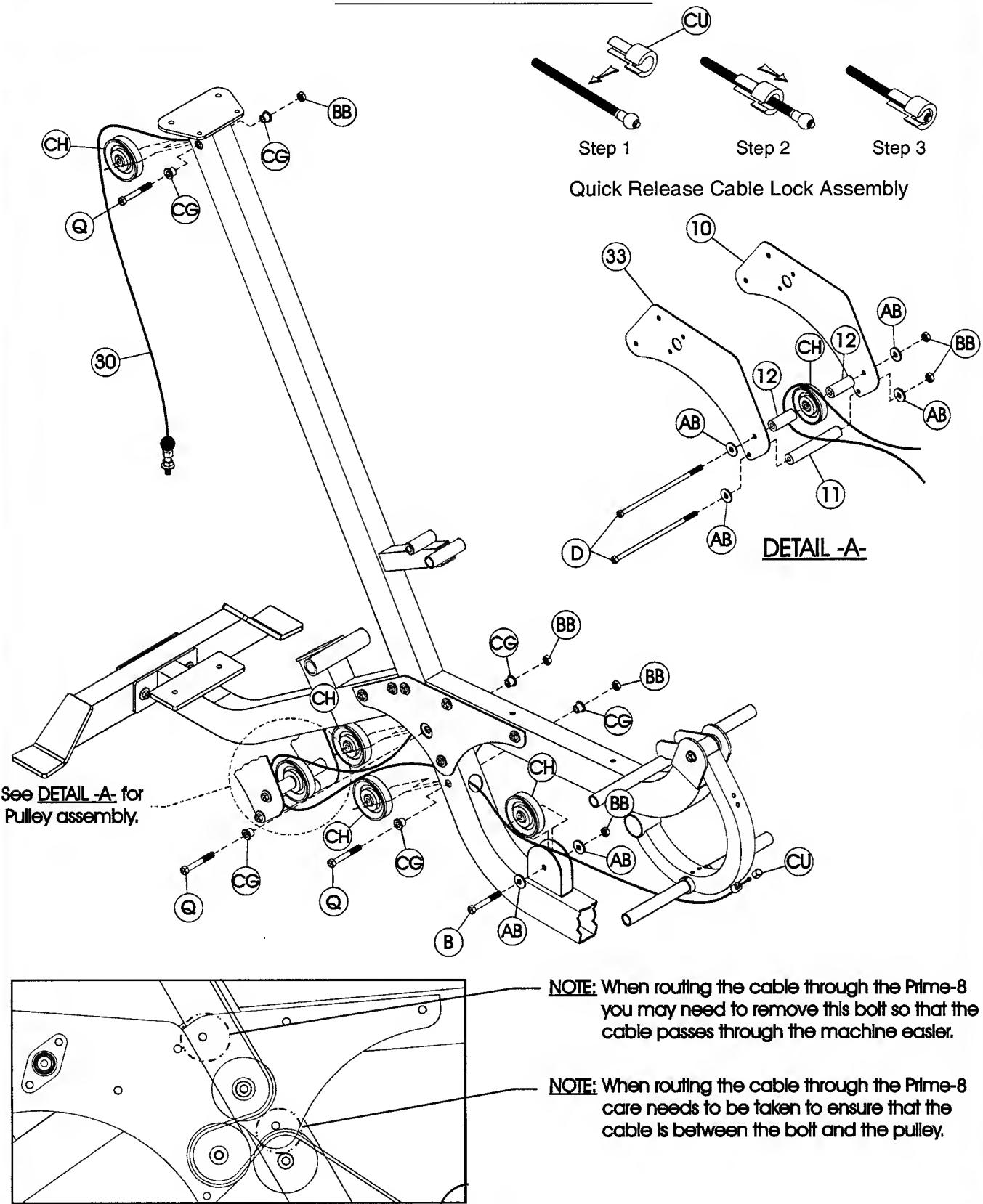
Hardware Descriptions

- B - 3/8"-16 x 2" Hex Head Screw
- Q - 3/8"-16 x 2 3/4" Hex Head Screw
- D - 3/8"-16 x 7" Hex Head Screw
- AB - 3/8" Flat Washer
- BB - 3/8" Lock Washer
- CG - 1/2" Flange Pulley Spacer
- CH - 3 1/2" Pulley
- CU - Quick Release Cable Lock

ASSEMBLY

INSTRUCTIONS

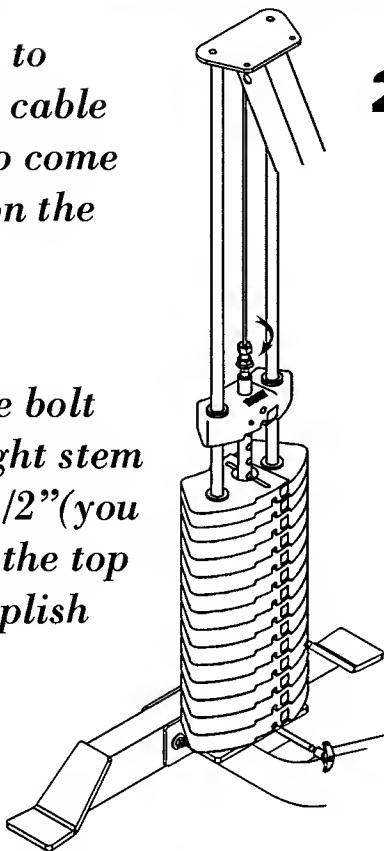
CABLE DIAGRAM



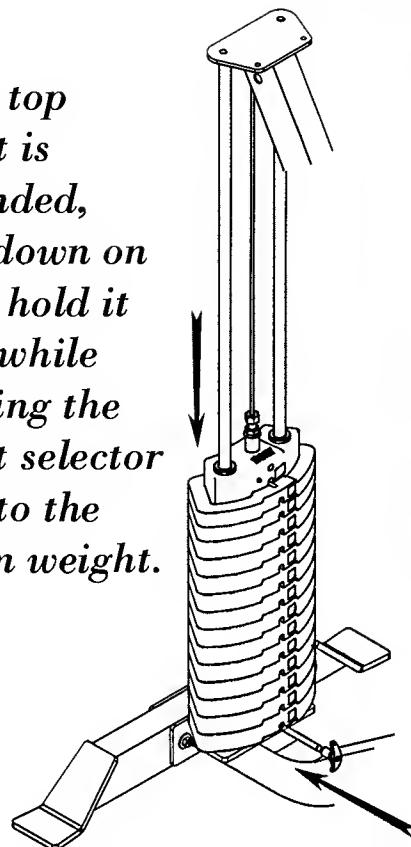
SEATING THE CABLE

It may be necessary to stretch and seat the cable for the top weight to come to rest properly upon the weight beneath it.

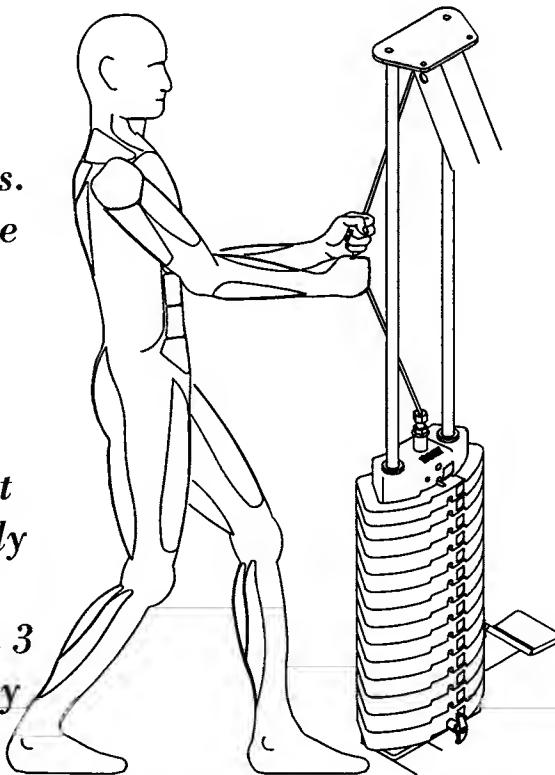
1. *Thread the cable bolt into the top weight stem approximately 1/2" (you may need to lift the top weight to accomplish this).*



2. *If the top weight is suspended, press down on it and hold it down while inserting the weight selector pin into the bottom weight.*



3. *Grasp the middle of the exposed cable and pull it straight back with a fair amount of force to seat the cable around the pulleys. Release the cable and remove the weight selector pin. If the top weight is no longer suspended and the weight selector pin can be inserted into all the weight plates then tighten the cable bolt jam nut and the machine is ready for use. If the top weight is still suspended then repeat steps 2 & 3 until the top weight rests properly upon the plate beneath it.*



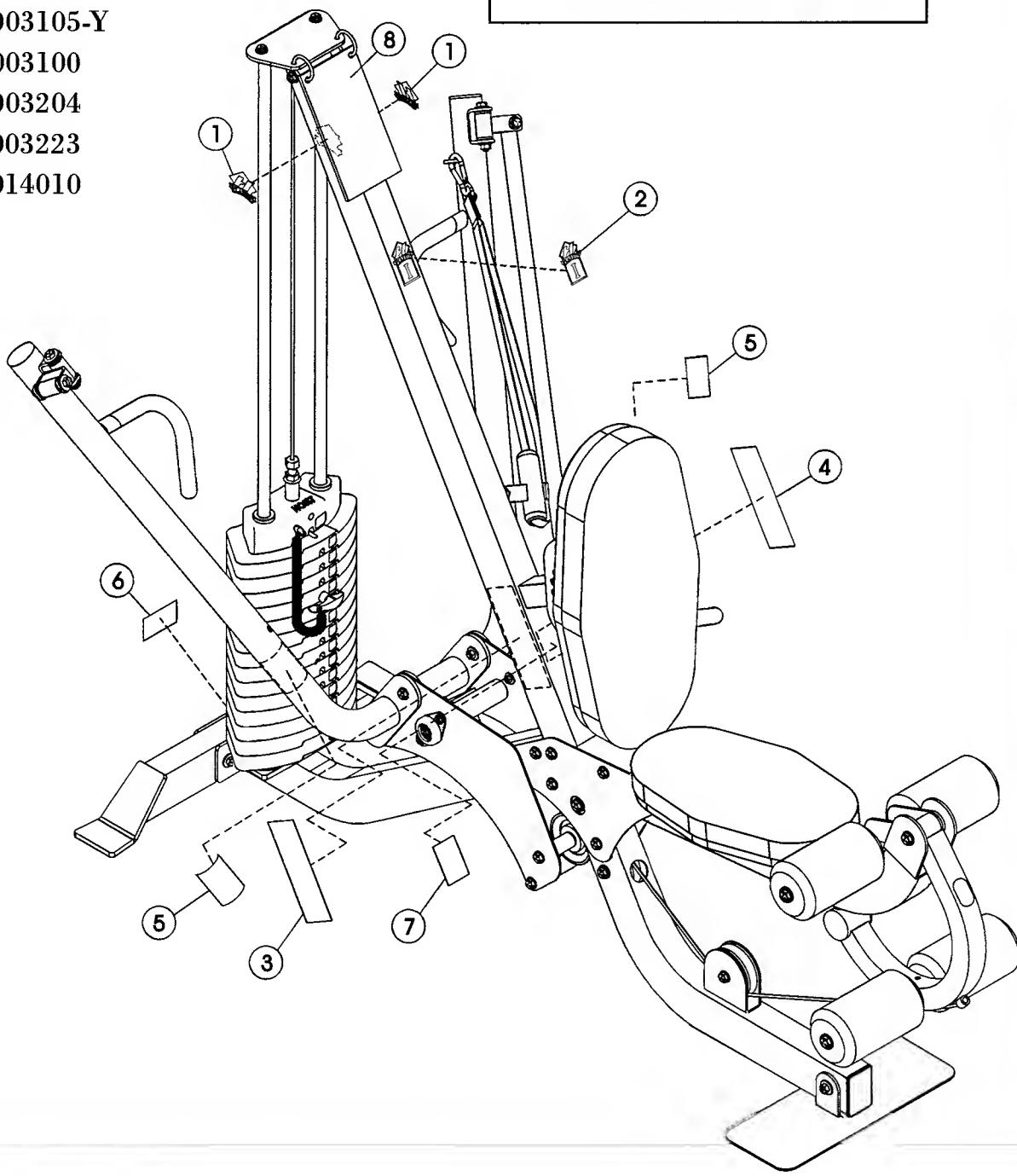
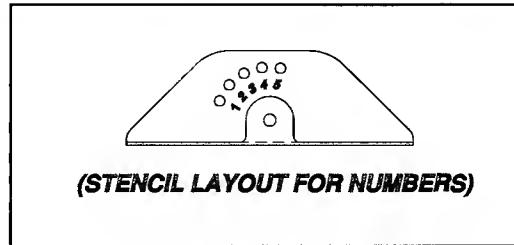
ASSEMBLY
INSTRUCTIONS

ASSEMBLY
INSTRUCTIONS

DECAL PLACEMENTS

Decal Descriptions

- 1 - 021-0003241
- 2 - 021-0003242
- 3 - 021-0003249
- 4 - 021-0003105-Y
- 5 - 021-0003100
- 6 - 021-0003204
- 7 - 021-0003223
- 8 - 021-0014010



OWNERS MANUAL

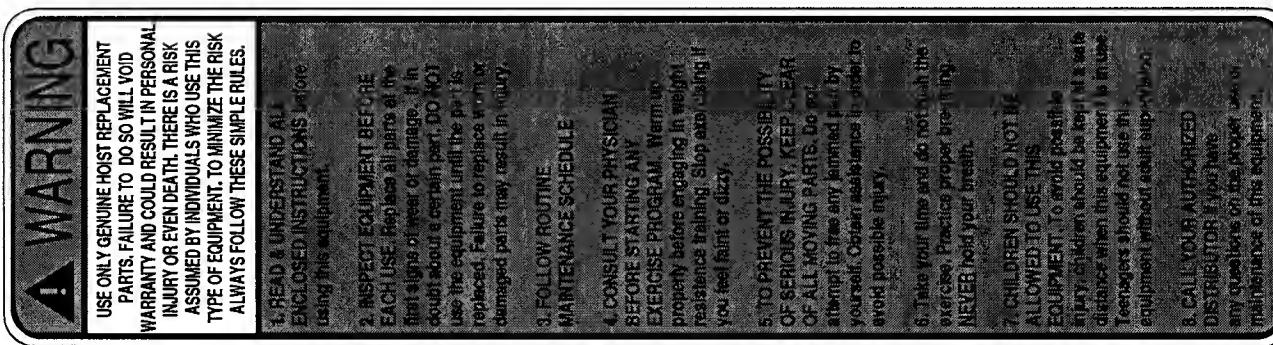
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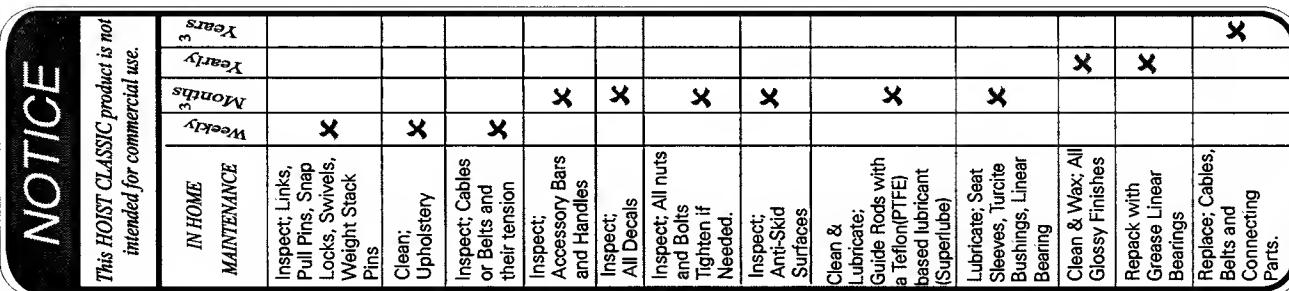
021-0003242



021-0003241



021-0003105-Y



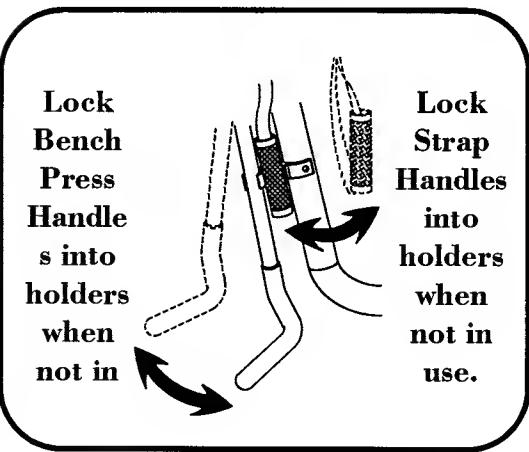
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OWNERS
MANUAL

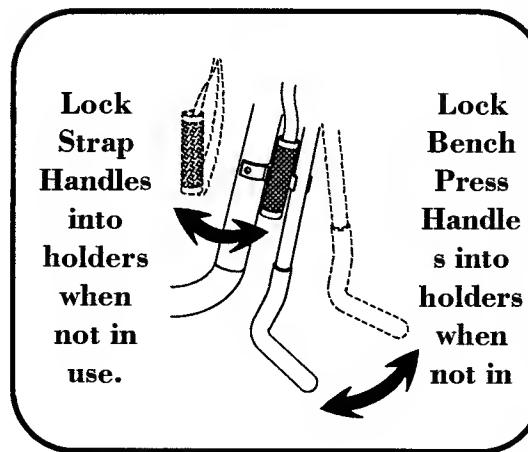
DECAL REFERENCE



021-0003223



RIGHT SIDE



LEFT SIDE

021-0003100

OWNERS
M A N U A L

ASSEMBLY

CATALOG

PART LISTING

Key #	Qty.	Part Number	Description
1	1	026-01P1703	Back Pad R.O.M
2	1	026-01X1666	Swiveling Roller Assembly
3	1	026-01X1667	Main Upright Assembly
4	1	026-01X1668	Weight Stack Bottom Tube
5	1	026-01X1669	Leg Ext. / Curl Arm
6	1	026-01X1670	Seat Mount / Pivot Assembly
7	1	026-01X1672	Arm Assembly (Right)
8	2	026-01X1673	Arm Assembly (Left)
9	2	026-01P1710	Frame Connector
10	1	026-01P1711	Arm to Pulley Connector Plate Assembly, Left
11	2	026-01M0868	Spacer / Stop
12	1	026-01M0869	Spacer for Pulley
13	1	026-01X1671	Arm to Arm Tie
14	1	026-01M0870	Axle
15	1	026-01X1674	Pressing Handle Assembly (Right)
16	1	026-01X1675	Pressing Handle Assembly (Left)
19	2	026-01G0182	Guide Rod
22	2	026-01X1411	U-joint
23	1	026-01X1676	Roller Axle
24	1	026-01M0129	1/2" Long Pullpin (Hex Head)
25	1	022-01PD0125A	Upholstery Assembly
26	1	022-01PD0126A	Upholstery Assembly
27	4	022-01PDR008	4" Dia x 7" LG. Roller Upholstered
28	2	19-GRP-101CL.	10" Rubber Grip
29	2	19-GRP-131CL.	13" Rubber Grip
30	1	010-01C231T	Classic I Cable
31	1	026-01X1357	Rear Tie Tube Assembly
32	1	026-01X1678	Foot Plate Assembly
33	1	026-01P1715	Arm to Pulley Connector Plate Assembly, Right
34	1	026-01X1677	Olympic Weight Carriage

ASSEMBLY

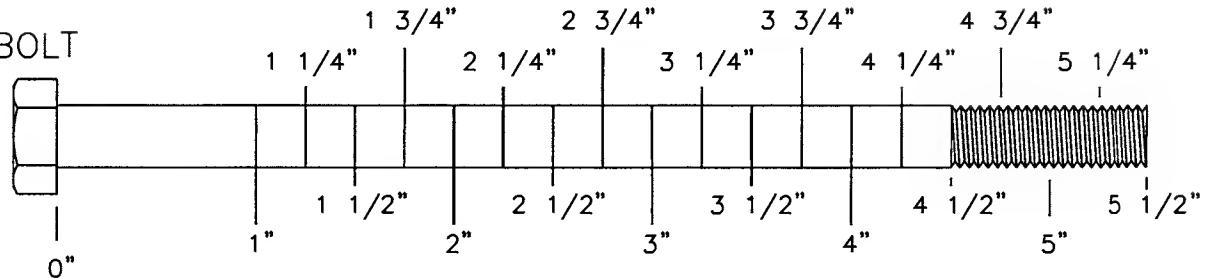
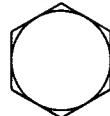
CATALOG

HARDWARE LISTING

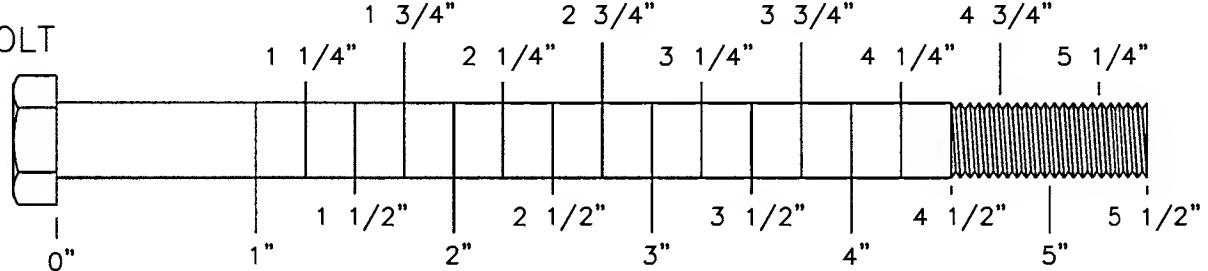
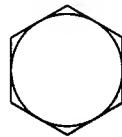
Key #	Qty.	Part Number	Description
A	1	011-0407072	1/2"-13 x 3 5/8" Hex Head Screw (WZ)
B	1	011-0407058	3/8"-16 x 2" Hex Head Screw (WZ)
C	9	011-0107047	3/8"-16 x 3" Hex Head Screw (WZ)
D	2	011-0407054	3/8"-16 x 7" Hex Head Screw (WZ)
E	4	011-0107006	3/8"-16 x 1/2" Hex Head Screw (WZ)
F	4	011-0107037	3/8"-16 x 1 1/4" Hex Head Screw (WZ)
H	2	011-0407059	3/8"-16 x 3 1/4" Hex Head Screw (WZ)
J	4	011-0107030	1/2"-13 x 3" Hex Head Screw (WZ)
K	4	011-0311003	5/16"-18 x 1/4" Set Screw (BZ)
L	1	011-0407055	1/2"-13 x 4 3/4" Hex Head Screw (WZ)
M	2	011-0107011	5/16"-18 x 1 1/4" Hex Head Screw (WZ)
N	2	011-0107028	5/16"-18 x 4" Hex Head Screw (WZ)
P	4	011-0407022	3/8"-16 x 1" Hex Head Screw (WZ)
Q	3	011-0407022	3/8"-16 x 2 3/4" Hex Head Screw (WZ)
R	2	011-0007035	3/8"-16 x 3/4" Hex Head Screw (WZ)
S	4	011-0201003	3/8"-16 x 1" Button Head Cap Screw (BZ)
AA	12	013-0402006	1/2" Flat Washer (WZ)
AB	42	013-0002004	3/8" Flat Washer (WZ)
AD	10	013-0102022	3/8" Lock Washer (WZ)
AE	2	26-STD-08-0047	1/4"Long, 1/2" I.D. Flanged Spacer
AF	4	013-0002001	5/16" Flat Washer (WZ)
AG	4	013-0303003	3/8" Fender Washer (BZ)
AH	4	013-0206004	3/8" Split Lock Washer (BZ)
AJ	4	013-0903001	3/8" Plastic Fender Washer
BA	6	012-0304011	1/2"-13UNC Thin Nylock Nut
BB	21	012-0104008	3/8"-16UNC Thin Nylock Nut
CA	2	26-STD-06-0153	2" O.D. X .5" THK Rubber Bumper
CB	2	026-01X1679	Strap Handle
CE	2	026-01PL255	Handle & Strap Clip
CG	6	26-STD-08-0010	Flange Pulley Spacer
CH	5	018-0001002	3 1/2" Pulley
CJ	12	014-0101002	1/2" Oilite
CK	2	26-STD-06-0277	Flange Mount Bearing
CM	4	26-STD-06-0163	2" Dia. End Cap
CN	5	26-STD-06-0129	Plug Bumper
CR	2	020-0010002	Snap Link
CS	1	016-0101009	2" x 3" End Cap
CU	1	026-01M0200	Quick Release Cable Lock
CV	2	026-01PL134	Plastic Guide Rod Bushing
CW	1	016-0201006	1" Dia External End Cap
CX	2	014-0017002	#10 Hairspring Cotter

OWNERS
M A N U A L
B O L T S I Z I N G C H A R T

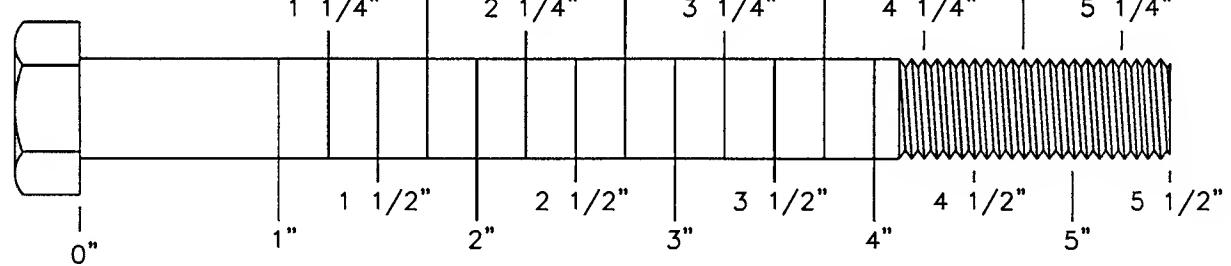
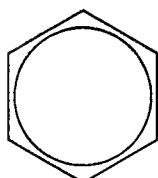
5/16" HEX BOLT



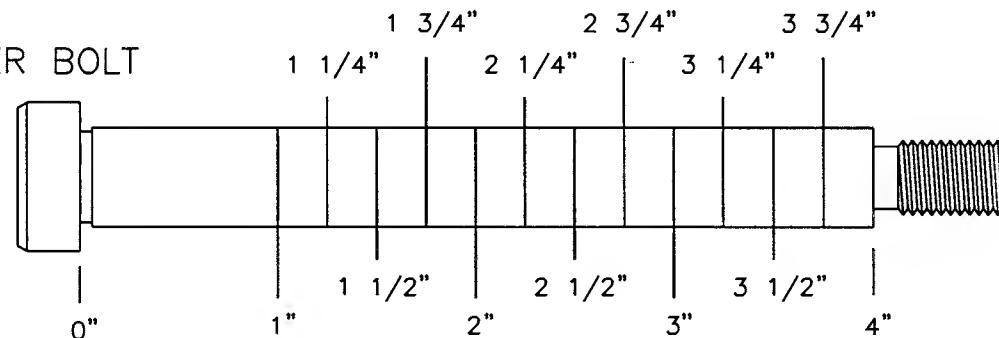
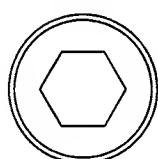
3/8" HEX BOLT



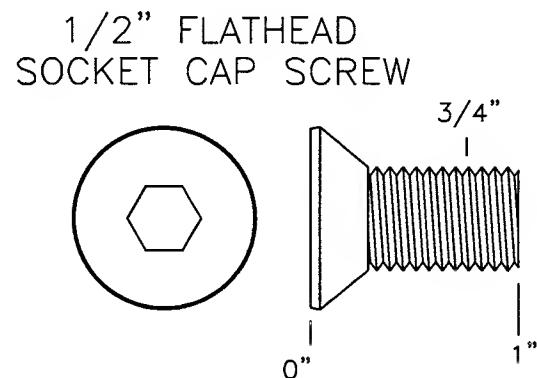
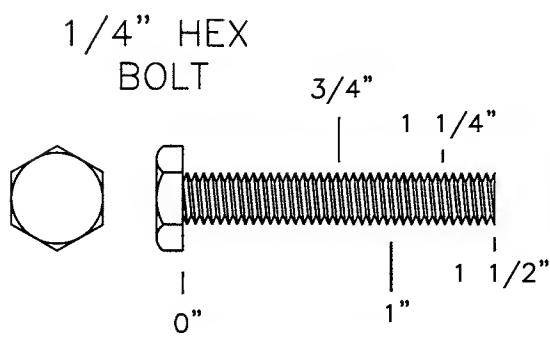
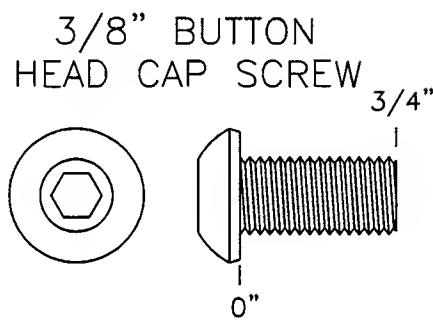
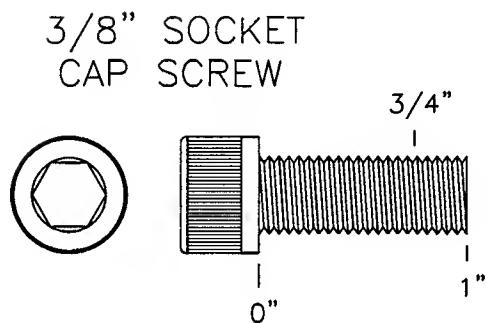
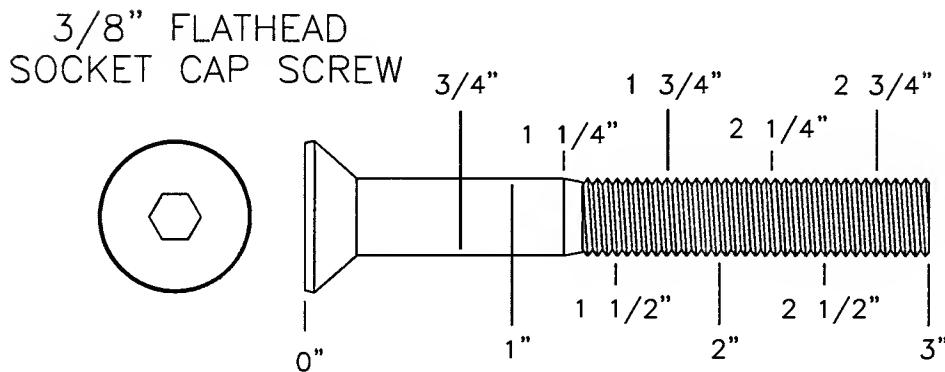
1/2" HEX BOLT



1/2" SHOULDER BOLT



**OWNERS
M A N U A L
B O L T S I Z I N G C H A R T**



OWNERS M A N U A L

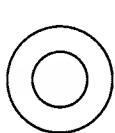
W A S H E R S I Z I N G C H A R T

013-0002003

1/4"

FLAT WASHER

SMALL, SAE, 13mm

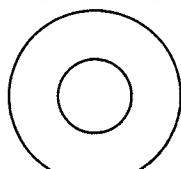


013-0102004

5/16"

FLAT WASHER

LARGE, USS, 22mm

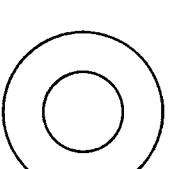


013-0002004

3/8"

FLAT WASHER

SMALL, SAE, 21mm

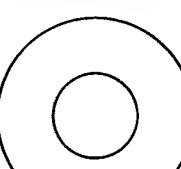


013-0402005

3/8"

FLAT WASHER

LARGE, USS, 25mm

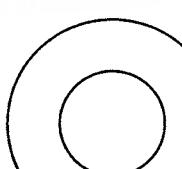


013-0102003

1/2"

FLAT WASHER

SMALL, SAE, 27mm

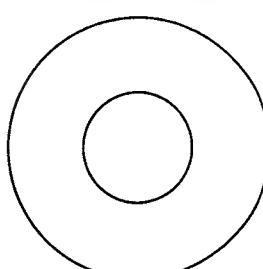


013-0102026

1/2"

FLAT WASHER

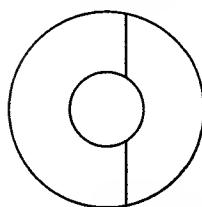
LARGE, USS, 34mm



013-0102028

3/8"

CURVED WASHER

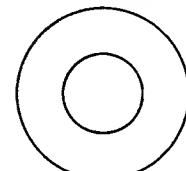


013-0402007

3/8"

FLAT WASHER

22mm O.D.



013-0102019

1/4"

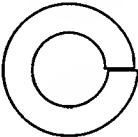
LOCK WASHER



013-0102020

3/8"

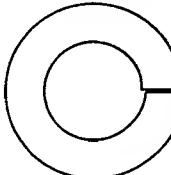
LOCK WASHER



013-0102018

1/2"

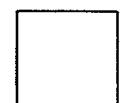
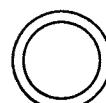
LOCK WASHER



014-0018001

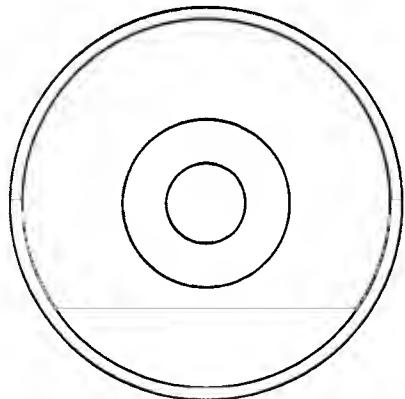
1/2" LONG

SPACER



026-01M0238

2" ALUMINUM
FLATHEAD CAP



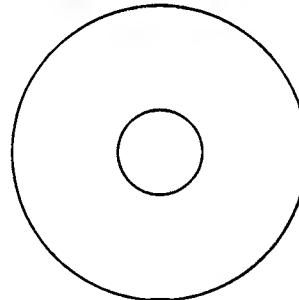
016-0009003

1" SHIM WASHER



013-0003002

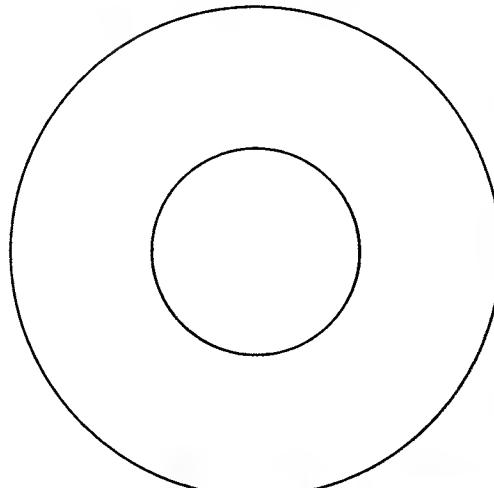
3/8" FENDER WASHER



013-0003004

1 1/16"

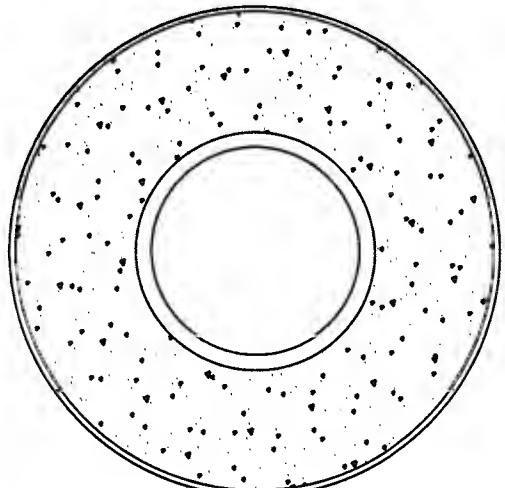
FENDER WASHER



026-01PL151

PLASTIC 1 1/16"

FENDER WASHER

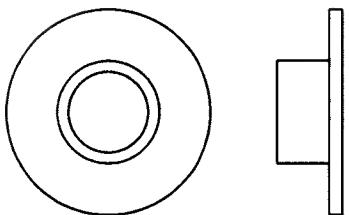


014-0018002
1" LONG
SPACER

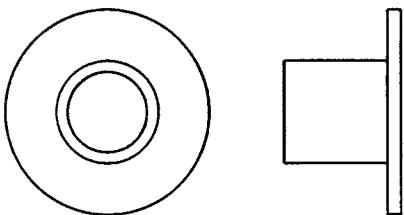


OWNERS MANUAL

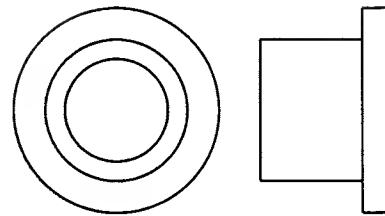
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1/4" LONG
FLANGED SPACER



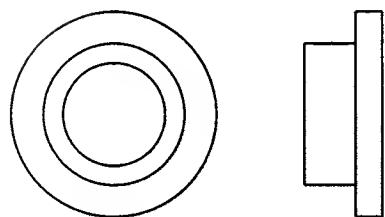
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FLANGED SPACER



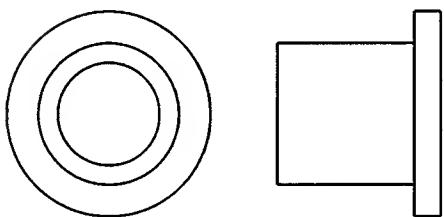
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1/2" LONG HEAVY
FLANGED SPACER



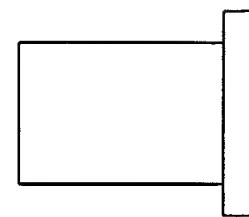
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



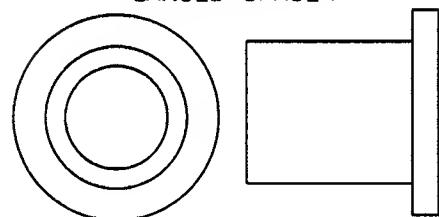
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



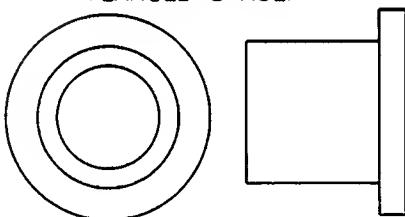
026-01M0551
1" LONG HEAVY
FLANGED SPACER



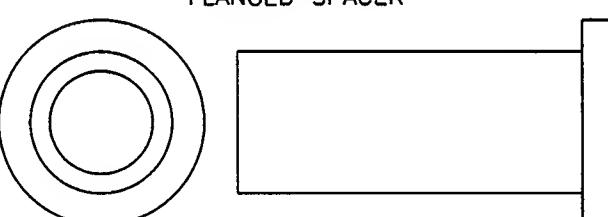
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



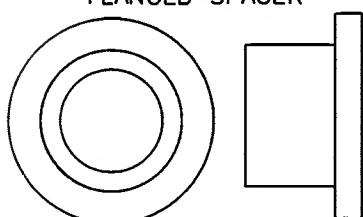
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



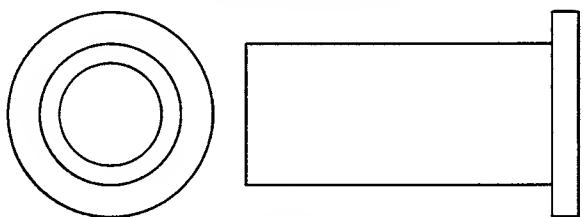
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



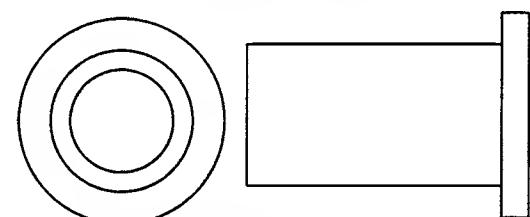
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



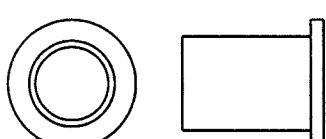
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



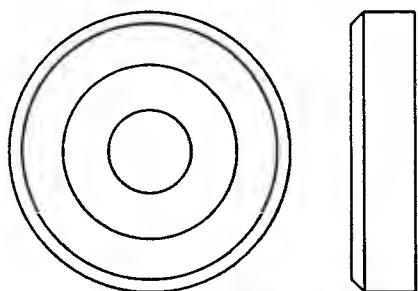
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



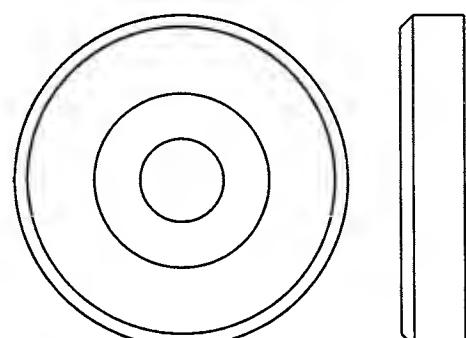
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	LATEST DATE ENTRY									
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	WEEKLY										
Clean; Upholstery	WEEKLY										
Inspect; Cables or Belts and their tension	WEEKLY										
Inspect; Accessory Bars, and Handles	3 MONTHS										
Inspect; All Decals	3 MONTHS										
Inspect; All Nuts and Bolts, Tighten if needed	3 MONTHS										
Inspect; Anti-Skid Surface	3 MONTHS										
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	3 MONTHS										
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	3 MONTHS										
Clean and Wax; All Glossy Finishes	YEARLY										
Rearrange with Grease; Linear Bearings	YEARLY										
Replace; Cables, Belts and Connecting Parts	3 YEARS										

HOIST CLASSIC

GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.

- *Replace ripped or warn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.

HOIST CLASSIC
GENERAL MAINTENANCE INFORMATION
CONTINUED:

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Guide Rods:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS.

WEIGHT TRAINING TIPS

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your CLASSIC I, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

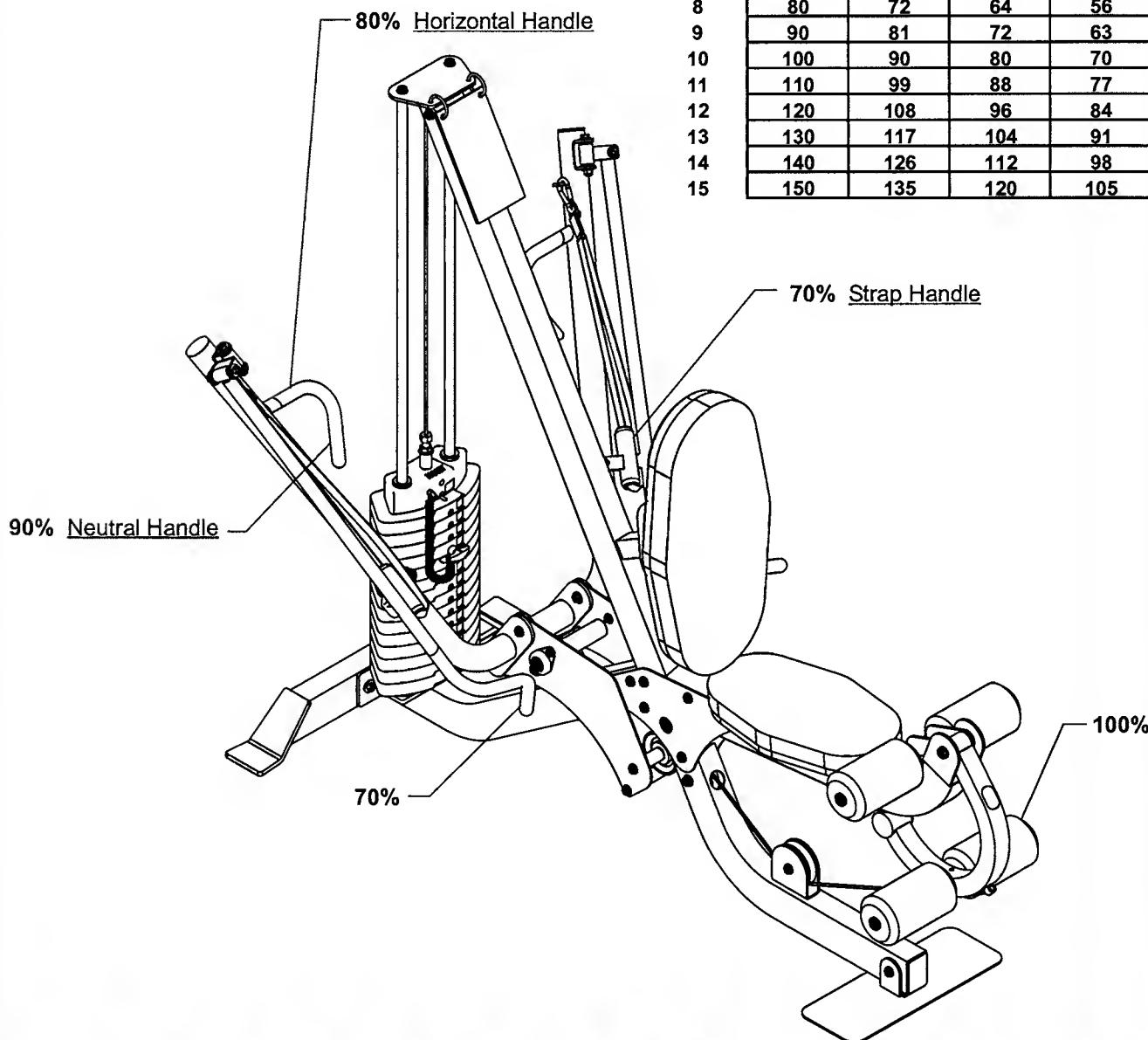
Use this manual to guide you through the basic exercises you can perform on your CLASSIC I machine. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

ENJOY YOUR CLASSIC I !!

OWNERS M A N U A L

W E I G H T R A T I O S

	100%	90%	80%	70%
1	10	9	8	7
2	20	18	16	14
3	30	27	24	21
4	40	36	32	28
5	50	45	40	35
6	60	54	48	42
7	70	63	56	49
8	80	72	64	56
9	90	81	72	63
10	100	90	80	70
11	110	99	88	77
12	120	108	96	84
13	130	117	104	91
14	140	126	112	98
15	150	135	120	105



The above chart shows the standard weight stack for this unit. The weights listed are approximate. Hoist reserves the right to modify the machine without prior notice.

ASSEMBLY
INSTRUCTIONS



EXERCISE DESCRIPTIONS
PECTORAL FLY



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in a neutral position with your hands at chest height.
2. Rotate your arms forward, pivoting from the shoulders until your arms are fully extended. Slowly return to the starting position.

CHEST PRESS



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in an overhand position with your hands at chest height.
2. Press the handles forward until your arms are fully extended. Slowly return to the starting position.

EXERCISE DESCRIPTIONS
INCLINE FLY



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in a neutral position with your hands at chest height.
2. Rotate your arms forward at an upward angle, pivoting from the shoulders until your arms are fully extended. Slowly return to the starting position.

INCLINE PRESS



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in an overhand position with your hands at chest height.
2. Press the handles forward at an upward angle until your arms are fully extended. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

DECLINE FLY



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in a neutral position with your hands at chest height.
2. Rotate your arms forward at a downward angle, pivoting from the shoulders until your arms are fully extended. Slowly return to the starting position.

DECLINE PRESS



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in an overhand position with your hands at chest height.
2. Press the handles forward at a downward angle until your arms are fully extended. Slowly return to the starting position.

OWNERS MANUAL

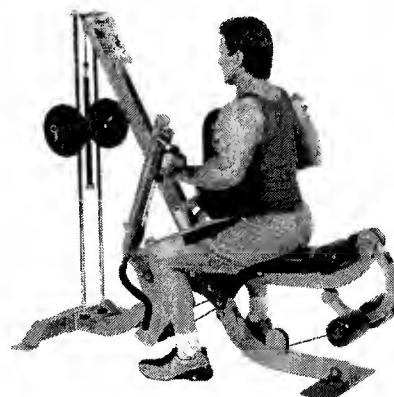
EXERCISE DESCRIPTIONS

LAT PULLDOWN



1. Sit leaning forward, chest against the back pad. Adjust the back pad if necessary. Grip the mid-row handles in an overhand position with your arms fully extended.
2. Pull the handles until your hands are just above your shoulders. Slowly return to the starting position.

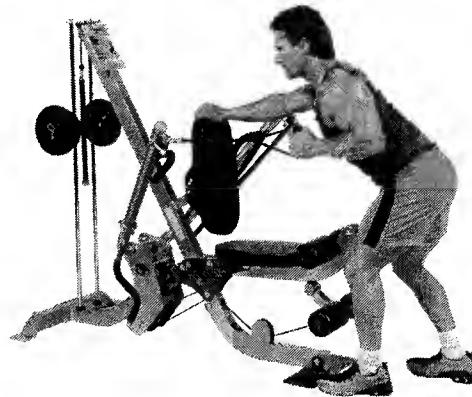
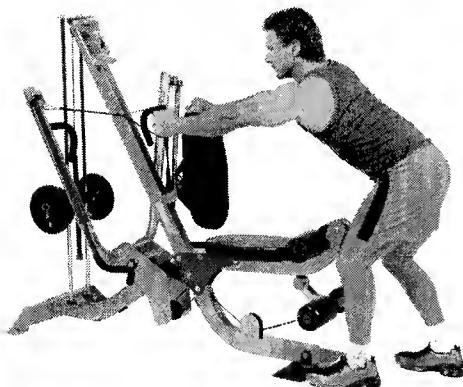
MID ROW



1. Sit upright, chest against the back pad. Adjust the back pad if necessary. Grip the mid-row handles in a neutral position with your arms fully extended.
2. Pull the handles, keeping your elbows close to your sides. Slowly return to the starting position.

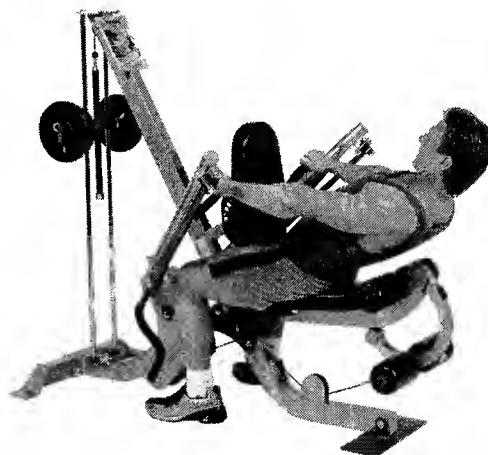
E X E R C I S E D E S C R I P T I O N S

ONE ARM ROW



1. Stand facing the machine and grip a strap handle with one hand, arm fully extended.
2. Pull the handle towards you keeping your elbow close to your side. Slowly return to the starting position.

LOW BACK EXTENSION

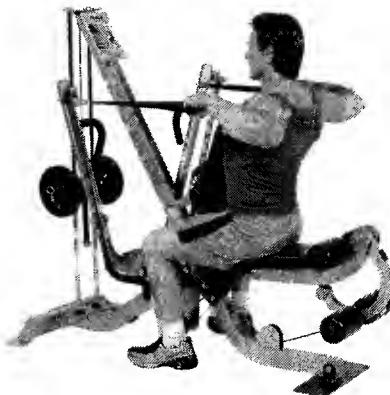


1. Sit upright, chest against the back pad. Adjust the back pad if necessary. Grip the mid-row handles in an overhand position with your arms fully extended.
2. Keeping your arms straight, lean backwards pivoting from the hips. Slowly return to the starting position.

OWNERS MANUAL

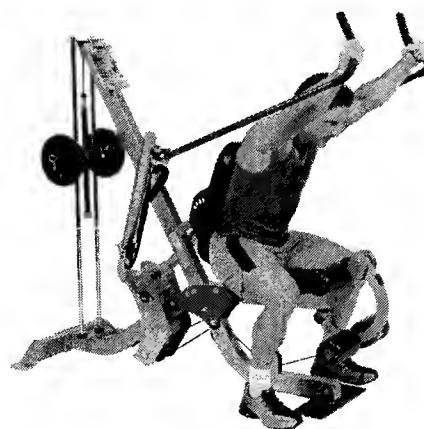
EXERCISE DESCRIPTIONS

UPRIGHT ROW



1. Sit upright, chest against the back pad. Adjust the back pad if necessary. Grip the strap handles in an overhand position with your arms fully extended.
2. Pull the handles towards your chin, keeping your elbows level with your hands. Slowly return to the starting position.

SHOULDER PRESS



1. Sit leaning forward, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in an overhand position with your hands at chest height.
2. Press the handles forward at an upward angle until your arms are fully extended. Slowly return to the starting position.

E X E R C I S E D E S C R I P T I O N S

REAR DELTOID



1. Sit upright facing rearward, chest away from the back pad. Grip the strap handles in a neutral position with your arms extended and your elbows slightly bent.
2. Rotate your arms rearward, pivoting from the shoulder. Finish with your hands out wide, inline with your sides. Slowly return to the starting position.

BICEPS CURL



1. Sit upright, chest against the back pad. Adjust the back pad if necessary. Grip the strap handles in an underhand position with your arms fully extended.
2. Curl the handles towards you, keeping your elbows up. Slowly return to the starting position.

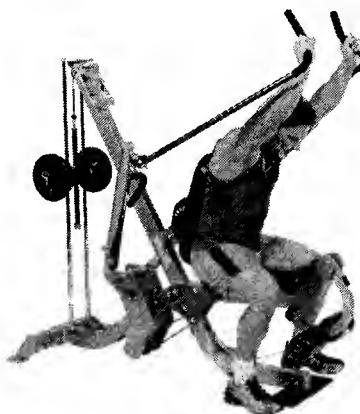
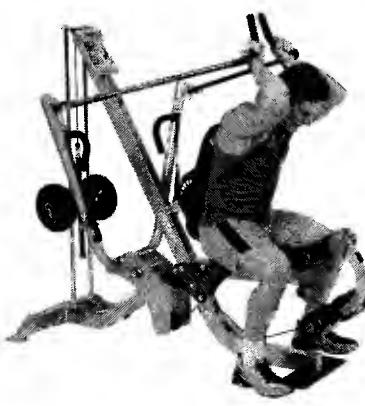
E X E R C I S E D E S C R I P T I O N S

TRICEPS KICKBACK



1. Sit upright, chest against the back pad. Adjust the back pad if necessary. Grip the strap handles in an overhand position, arms bent and elbows close to your sides.
2. Pull the strap handles downward until your arms are fully extended at your sides. Slowly return to the starting position.

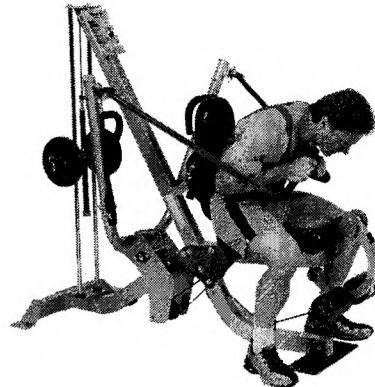
TRICEPS EXTENSION



1. Sit leaning forward, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in an overhand position with your hands above your head.
2. Press the handles forward at an upward angle until your arms are fully extended. Keep your elbows close to the sides of your head. Slowly return to the starting position.

EXERCISE DESCRIPTIONS

ABDOMINAL CRUNCH



1. Sit upright, back against the back pad. Adjust the back pad if necessary. Grip the articulating handles in a neutral position with your hands in front of your chest.
2. Curl your body forward, approximately half way to your knees, pivoting from your upper abdominal area. Slowly return to the starting position.

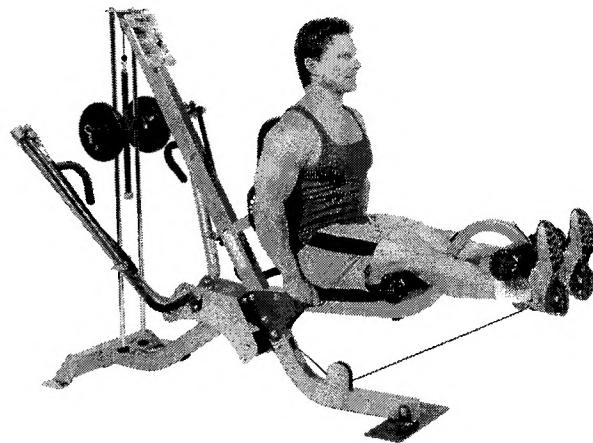
KNEE RAISE



1. Sit sideways on the seat and leaning back for balance, lift your feet slightly off the ground.
2. Lift your knees towards your chest. Slowly return to the starting position.

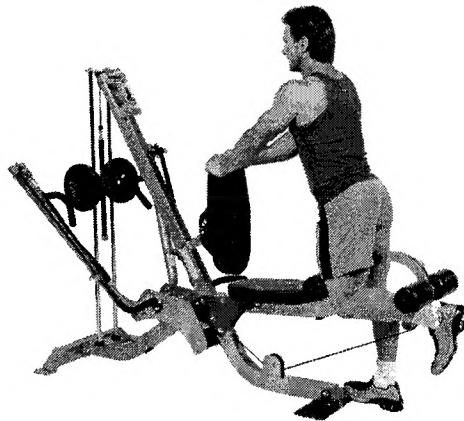
E X E R C I S E D E S C R I P T I O N S

LEG EXTENSION



1. Sit upright with your legs over the upper rollers and your feet under the lower rollers. Be sure to align the pivot point of your knees with the pivot of the leg extension/curl arm.
2. Extend your legs upward and hold position momentarily. Slowly return to the starting position.

STANDING LEG CURL



1. Adjust the upper rollers to hit just above your knees. Standing on the foot plate, hook your feet under the lower rollers. Grip the back pad for balance.
2. Curl your leg upward and hold position momentarily. Slowly return to the starting position.

OWNERS M A N U A L

Weight Training Exercise Log

S=Sets R=Repetition per set W=Weight used

HOIST CLASSIC LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time.

This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect, or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

IN HOME USE: All malfunctions of upholstery, grips, paint, chrome, electronic components, belts, cables, pulleys, bearings, or bushings that occur after five (5) years. The Frame and all welded components are warranted for the life of the product.

COMMERCIAL USE: This product was not designed for, nor intended to be used in, any commercial application. Use of this product in a commercial setting shall void all warranties and could result in serious injury.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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PLEASE KEEP THIS FOR YOUR RECORDS